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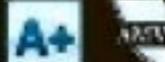
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# This news is good

**Cathrin Bradbury**  
Editor-in-Chief  
Metro News Canada

We are about to commit journalistic heresy. Today all seven editions of Metro are publishing only positive news stories. We've gone so far as to call it the happy edition.

Before every journalist in the country starts to hurl rocks at us, let me explain.

Earlier this year I visited Detroit. Like everyone else, I'd heard a lot about the city's comeback — crime is down, investment is up, and the Detroit Pistons are relocating from their suburban headquarters to join the city core. It was great to see it up close: At night people poured out of packed bars to walk through the well-lit downtown — 40,000 new streetlights and counting.

Still, it's not nirvana, or anything like it. The city's violent crime rate remains the second worst in the U.S. The wrecking balls go non-stop, but they can't tear down the burnt-out husks of buildings just a block or two off the main drag fast enough to keep up with the city's new idea of

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itself.

The local press isn't keeping up either. The major TV and newspaper outlets lead with crime news every day, still covering Detroit in a way that marginalizes the very place they are reporting on. The people who stayed in Detroit, and the ones who are coming back, have an ambition for their city and the media doesn't seem to be listening.

As a news editor, I took a message from Detroit. I started to notice how media here does the same grim reporting on Canadian cities, and it takes a toll on us just as much as our readers.

Managing editor Angela Mullins, who runs Metro Toronto and oversees all seven Metros across Canada, refuses to watch the local television news with her wife anymore because it's "so bloody depressing." A young Metro reader, 23, told me recently that she had come to hate the TV and newspaper coverage of her city. "It's only bad news."

We've had plenty of bad news this year. Six weeks ago we worked into the night covering the U.S. election. To say that we were on edge at the office the next day doesn't quite cover it. If a cat had walked by we would have flung it out into the cold and rain. And we like pets here — just look at our covers.

Ira Lamjca, Metro's Canada, World and Business editor, was particularly affected.

The story of how Ira, 26, immigrated to Canada from Albania when she was 8 was so inspiring we're going to launch a whole series around it next year. Sneak peek: A message in a bottle from Newfoundland honeymooners that washed up on the shores of her village started her saga.

Ira's bountiful optimism opens up a room. So when she sat down at the news desk and started to cry over the election results, it was tough. "This is much harder on me than I thought it was going to be. I don't know anything anymore. I don't know if what I'm doing matters anymore."

I didn't have an answer for her then, but her loss of purpose made me think about something Marty Baron said when he came into Star Metro Media to talk about journalism. Baron is the executive editor of the Washington Post and the editor on whom last year's Oscar winner Spotlight was based. God, in other words, to newspaper editors everywhere. Baron said that when people talk about your "brand" what they are really talking about is the soul of a news organization, something he spends a lot of time thinking about.

I've thought a lot about our soul at Metro since the U.S. election. What I can say now to Ira on this wintry day before Christmas is that maybe bad news is a given



**SAFE AT LAST HAPPIER TIMES FOR ALEPOO'S TWEETING GIRL** Bana Alabed, known as Aleppo's tweeting girl, was feared dead after she stopped sending messages from the warzone. The seven-year-old was evacuated on Monday and she and her family are now safe in Ankara, Turkey. Here she is with her mother Fatemah, her father Ghassan and her brothers Nour and Laith on Thursday. AFP/GETTY IMAGES

in a naturally adversarial media. But it needn't be the only given. Hope is as true as despair. Even with this week's terrible news out of Berlin and Turkey, columnist Vicky Mochama, who like Ira immigrated to Canada as a child, when she was 5 from Kenya, offered readers a way forward, urging us to do more, much more, and make welcoming refugees a way of life here. "Twenty-

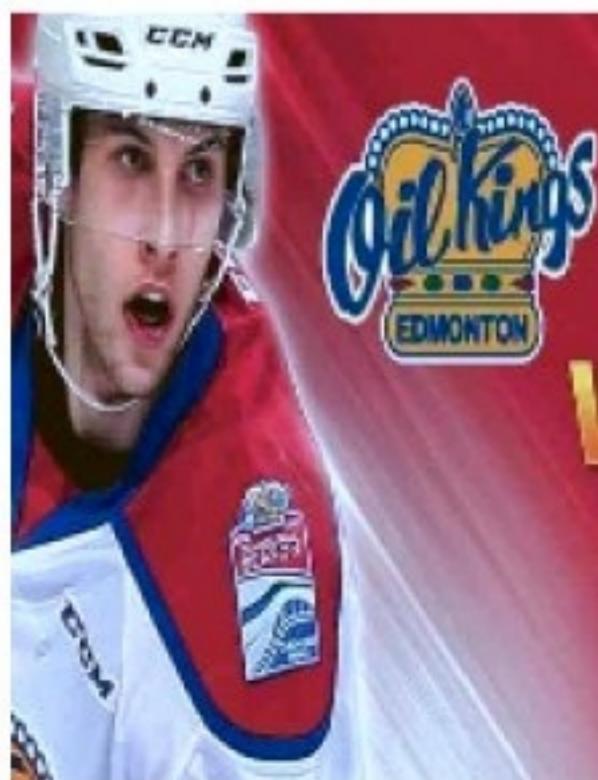
five thousand Syrians is not enough," she writes.

In 2017, Metro, in its optimistic soul, is committed to share with our readers the best version of our cities, and when they don't live up to that version, to push for solutions until they do. We'll continue to use the Metro Effect to drive positive change — as we have on issues such as pedestrian safety and affordable rent.

When we don't like what we see — racism on our streets or women shut out of city boards — we'll keep telling you that Metro Ain't Having It.

And finally, we invite you, our readers, to embrace everyday activism and fight to make your cities the best they can be. And then we want to hear about it, so we can tell your story.

Happy holidays from all of us at Metro.



VS



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# Bus driver warms the hearts of passengers

## TRANSIT

## Roger Steele goes out of his way for riders young and old

**Jeremy Simes**  
Metro | Edmonton

Edmonton Transit bus driver Roger Steele began to cry after reading the first line of a Christmas card he received from a mother of a young commuter.

"My son has mentioned you're so awesome and have been picking up the kids walking to school in the extremely cold temperatures," the card read. "Your kindness has not gone unnoticed ... Merry Christmas!"

But it's not the only card Steele has received.

"It's overwhelming," Steele said of the card. "It brings you into tears. It's pretty cool."

Earlier this month, while driving the No. 10, 11 and 162, Steele supplied transit customers with hot Tim Horton's coffees and donuts. The temperature was -20 C and he was celebrating his 35-year anniversary as a driver.

"It's a simple gesture. It doesn't cost much, especially in this city when it's frozen over," he said. "Everybody could use a coffee."

What Steele loves most about his job is meeting new faces.

He remembered he picked up a guy at 5 a.m. near a ramp that connects to Yellowhead Trail.

"He shouldn't have been there," he said with a laugh. "He's got a story for me — he went on about how he was ripped off for a bunch of money. Anyway, I whipped up to Tim's and bought him a java. He was broke, but something had happened, I guess."

Steele, 56, plans to continue driving for the next few years.

"This is such a great city, great people," he said. "This job has been good to me. I love it."



Roger Steele, 56, has been driving Edmonton buses for 35 years, helping those in need with a cup of java. KEVIN TUONG/FOR METRO

## POLICE OFFICERS

## 'Christmas angels' help mom with flat tire

With newborn in hand, Melissa Squires looked confused on Whyte Ave — her tire went flat and she didn't know how to fix it.

She said she had called AMA for help, but operators told her they couldn't make it down for five to six hours.

"Me and my friend were just standing there looking at the tire," she said. "But then we looked up and saw these two police officers coming across the parking lot, like Christmas angels."

Edmonton constables Chad Robertson and Michael Klassen were patrolling the area as part of their regular shift Saturday.

"We just thought, 'Hey, let's

do this for her.' We never turn anybody away," Robertson said. "It's just changing a tire. It's what we do, but she was very happy."

Once the spare was on, Squires then drove to a nearby tire shop. She and her newborn Rhylee then waited warmly in a coffee shop.

"They definitely didn't have to do what they did," she said. "I was so moved, I was so touched and I was so grateful."

Klassen said the incident made his and Robertson's day, too.

"For every bad day, you have a pretty amazing day," he said. "It makes a guy feel good. It makes the job worthwhile."

JEREMY SIMES/METRO



Melissa Squires, who's a new mom to Rhylee, says she was amazed by the kindness of two Edmonton police officers.

JENNIFER FRIESEN/FOR METRO

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# City's first indoor dog park opens

## PETS

**Founder says innovative idea inspired by personal need**

**Alex Boyd**  
Metro | Edmonton

Humans aren't the only ones happy to have a break from winter temperatures because now the city's first indoor dog park is offering a cozy place to play for furry friends.

Lucky Donkey, located just off Whyte Ave., first opened its doors last spring, but owner Gabriel Tay said the concept has now taken off as the temperatures have dropped.

The open indoor space has a ball pit, agility equipment and lots of room for dogs to run around on the astroturf.

Tay named the park for her dog, Donkey, a tiny Chihuahua with a serious hate on for winter.

"I created this because I



**Gabriel Tay, with her dog Donkey, opened Edmonton's first indoor dog park, also one of the first in Canada.** KEVIN TUONG/FOR METRO

needed it," she said. "In winter I was trying to get my dog running around as much as possible in the house, but even then, trying to get him

to go pee outside in the cold? Just didn't happen."

While lots of big, furry dogs are perfectly happy to play in the snow at outdoor

parks, of which Edmonton has many, Tay points out the cold is much tougher for smaller dogs, or short-haired breeds.

Owners can come in and hang out with their dogs — prices start at \$15 for a single entry — and Tay also offers hourly dog sitting so

**“Trying to get him to go pee outside in the cold? Just didn't happen.”**

Gabriel Tay

people out shopping on Whyte can drop their dog off if they want to have a break or grab a bite.

Inside the park, two-year-old German Shepherd-mix Stella gallops by, trying to keep a bright orange ball away from the two little dogs struggling to keep up.

It's Stella's first time here, but her owner, Amber Cleasby, is already a fan.

"She's an outdoor dog, she loves the snow, but I don't always love the snow when it's minus 30," she said, adding that at the indoor park she can train her dog to jump, or go in the ball pit.

"My family and all my friends know Stella, they know how much I love her," she said. "It's really nice to be able to bring her out."

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## CALENDAR

## Stuck trucks are jokes

**Kevin Maimann**  
Metro | Edmonton

Sometimes it's fun to laugh at other people's misfortunes.

Case in point: An Edmonton woman made a calendar of semi trucks getting stuck under the High Level Bridge. Each month features a different photo of an 18-wheeler whose driver didn't pay enough attention to the height restrictions.

Feisst, who is a librarian, made the calendar purely for her own amusement.

But she thought the on-air personalities at Sonic 102.9 FM might get a kick out of it as well, so she dropped one off for them and went on her way.

The station then posted it to Facebook, where it's been shared almost 200 times and garnered close to 2,000 likes.



**Deb Feisst** KEVIN TUONG/FOR METRO

"I think it hits a nerve with Edmontonians. It's like a tongue-in-cheek, sort of fun way to look at something that obviously wreaks a lot of havoc on traffic, really affects people's commute and their ability to get across the city," Feisst said.

Many have asked if they can buy a copy, but Feisst has "absolutely" no plans to distribute or sell the calendar — partly because of potential copyright issues.

## HOW TO SAVE A LIFE

### Donors sign up, boy urges

Cooper Pirtle, 14, is challenging Albertans to become organ and tissue donors. His grandfather, Morris Irvine, received a double lung transplant back in 2011. The family is going to be able to enjoy

another Christmas together, a government release said, thanks to an organ donation.

Pirtle is now encouraging others to consider registering with the Alberta Organ and Tissue Donation Registry. METRO

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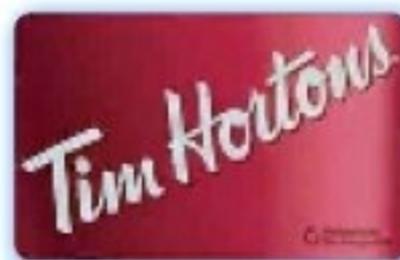
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## LEGISLATIVE ASSEMBLY

## Panel on child intervention good to go

The Alberta NDP and opposition parties have settled their differences over how a panel can work to better keep children safe who are in government care.

Human Services Minister Irfan Sabir said he has agreed to change the terms of how an all-party panel will do its job, including allowing frontline workers to speak out without fear of repercussions.

"This ministerial panel will enable us to review policies,

practices and expert recommendations to guide legislative changes that will strengthen the ways we support families," Sabir wrote in an email Thursday.

"We thank all members for their collaborative spirit and look forward to beginning this important work."

Earlier this month the Wildrose, Progressive Conservatives, Alberta Liberals and Alberta Party threatened to boycott the panel. They said

it didn't have the proper tools to be effective.

The opposition parties said Thursday they are relieved the government has agreed to make changes and they will take part in the review.

"We have received assurances that protection for frontline workers who wish to appear before the committee will be in place and full legislative whistleblower protections will be offered," the parties wrote in a joint

statement Thursday.

"Above all else, we are united in ensuring this panel conducts meaningful work to fix our child intervention system."

The opposition members of the panel are to include Wildrose human services critic Jason Nixon, PC Interim Leader Ric McIver, Alberta Party Leader Greg Clark and Liberal Party Interim Leader David Swann.

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Habib in his PJs and a happier place. CONTRIBUTED

## Two new immigrants get homes

## QUALITY OF LIFE

### Dogs rescued from overseas find new lives in Canada

**Sarah  
Hoyles**  
For Metro | Edmonton

Habib and Dolly are two dogs that will have their first Christmas in a house this year thanks to a local rescue organization that's thinking globally.

Habib is a two-year-old mixed breed dog flown in from Cairo, Egypt, in early December. After suffering trauma as a puppy, probably after being hit by a car, Habib lost use of his hind legs.

Dolly is a seven-year-old dog rescued from the canine meat trade in Thailand.

Both came to Edmonton through Zoe's Animal Rescue.

"Most of our animals are local but we also believe that part of helping is to look globally," said Tracy Tingy, a Zoe's volunteer who is also adopting Habib.

In Egypt, Habib had to drag his hindquarters along the

ground as he searched for food. He was found on the streets of Cairo by the Egyptian Society for Mercy to Animals (ESMA).

A volunteer with Zoe's animal rescue visited the shelter and felt the Edmonton organization could help the little dog.

Habib was flown to Edmonton recently and is receiving medical care. He's undergoing surgery to amputate his tail and back legs but his quality of life won't suffer, Tingy said.

"When we brought Habib, we also brought a sense of responsibility," she said.

The local rescue has launched a wheelchair and drag bag program, where volunteers will build wheelchairs and sew together fabric bandages for the dogs with limited mobility in ESMA's care. The supplies will be sent to Cairo so the dogs don't further harm themselves.

Zoe's also partnered with SOI Dog Foundation, a dog rescue in the Southeast Asian country to transport Dolly all the way to Edmonton.

An Edmonton woman welcomed Dolly into her home when the slender black dog arrived in October, while Dolly awaits adoption.

**When we brought Habib, we also brought a sense of responsibility.**  
Tracy Tingy

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# Refugee feels optimistic about city's job prospects

## SYRIAN REFUGEES One year on

### EMPLOYMENT

#### Daroo Karajoul speaks English, hopes to find job as plumber

**Jeremy Simes**  
Metro | Edmonton

Daroo Karajoul sits in an Edmonton classroom taking notes.

The 27-year-old refugee is learning first-aid and how to cope with job interviews — basic skills he hopes will lead to work in plumbing.

Karajoul studied English at Aleppo University, before moving to Edmonton in July. Today, he's enrolled in an employment program at the Edmonton Mennonite Centre for Newcomers, located in the city's north end.

And he considers himself one of the luckier ones.

"People who know (English), it's easier for them," said Karajoul, who speaks English fluently. "It's hard for a lot of people I know."

When roughly 1,500 Syrian refugees fled the war-torn country to Edmonton beginning last December, one of the biggest challenges they faced was learning English, the largest barrier to finding jobs.

One year in Canada marks when many federal supports run out for government-sponsored refugees. It's also when private groups are no longer legally required to financially support those they've sponsored.

Making matters tougher, Alberta's unemployment rate



**Syrian refugee Daroo Karajoul hopes to become a plumber in Edmonton.** JEREMY SIMES/METRO

currently sits at nine per cent, the highest it's been since 1994. Some economists have said the worst appears to be over, though job recovery won't be immediate.

"I'm afraid sometimes," Karajoul said. "But I just have to keep trying. We all just have to do our best."

Despite the province's economic outlook, he's optimistic.

"I just need experience," he said. "You can't just sit in your house and say, 'I can't find a job.' You need to get up and do things — go to English classes."

Basel Abou Hamrah, a Syrian refugee who helps others get to English classes with the Men-

nonite Centre for Newcomers, said learning English will lead to employment.

"That's the basic thing — if they start to speak English really well, it will be easier for them," he said. "They just want to work."

Local organizations have created a tool-kit to help businesses looking to hire refugees. The guide helps employers learn how to conduct culturally sensitive interviews, create a welcoming workplace and show how health and safety legislation works.

Karajoul will finish his employment class early next year, and The Mennonite Centre for Newcomers will then connect

him with employers or trade school representatives.

Karajoul hopes to connect with a trade school to learn the plumbing basics and then get started on credits to be a journeyman.

If hired, the centre would subsidize the company to pay his wage for three months. After that, the employer must pay his entire wage.

If they can't afford it, the centre will again connect Karajoul with another employer or trades representative.

"Before war, many Syrian people didn't want to work in service. They thought some jobs weren't good," Karajoul said. "But after war, (one) of the good things was that we started to learn that all kinds of jobs are important. That's good thinking."

## SUSTAINABILITY Tiny is trendy in housing

**Kevin Maimann**  
Metro | Edmonton

A "tiny home" in Westmount will test a new market in Edmonton for prospective homeowners who don't want a mega house.

Battle Lake Design Group is building a two-car garage suite attached to a 520-square-foot house that is similar to a laneway home. While most garage suites are built above-grade, this one is at grade.

"Right now it's kind of a one-off, but there's certainly a lot of interest," said the group's director, Chris Buyze.

The house conforms to zoning regulations but is built to feel big, with high ceilings, lots of windows, a skylight, and a sleeping loft above the kitchen.

"We designed it in such a way that we try to maximize what we're allowed to in terms of height and windowing and that kind of stuff to make 520 square feet feel bigger than it really is," Buyze said.

He said the appeal of tiny homes lies in their affordability and sustainability.

Earlier this year, a Westmount couple finished building what they said was the first zero-carbon laneway house in Edmonton. Local consultant Carbon Busters worked with a couple on the 638-square-foot home, which has two bedrooms and a garage.



A "tiny home" being built in Westmount. CONTRIBUTED



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# Make it Merry hopes to go national

## SPREADING CHEER

**Campaign gives Christmas cards to the homeless**

**Josie Lukey**  
For Metro | Calgary

It's Barb Marshall's favourite time of year.

No, it's not exactly celebrating Christmas — it's delivering more than 2,500 handwritten Christmas cards to Calgary's homeless.

As creator of Make It Merry, a campaign where individuals are invited to handwrite Christmas cards for delivery to three Calgary homeless shelters, Marshall said the generosity of Calgarians and individuals from across the globe is why the campaign exceeded their original goal of 2,100 cards.

"It's crazy — crazy in a good way of course, but amazing," said Marshall. "We've had cards come as far as Korea, Turkey, several from the U.S. and all across Canada."

Now, Marshall said she's



Barb Marshall is the creator of Make it Merry, a campaign where people are invited to handwrite Christmas cards for the homeless.

JENNIFER FRIESEN/FOR METRO

calling up other agencies in the city to see if she can give them cards.

Last year, the organization only had a goal of 80 cards — they ended up receiving more than 1,200.

Next year, Marshall said she wants to go nationwide

with Make It Merry, hoping to set up pilot projects in cities with homeless populations.

"The beauty of Make It Merry is that it's not only completely meaningful to give a handwritten Christmas card, but it's practically very feasible for anybody of any

age, it's the cost of a stamp, if that," said Marshall.

Marshall says no one has ever refused a card from the campaign. Instead, Marshall said the campaign breaks down stereotypes and builds relationships between two strangers.

**It's practically very feasible for anybody of any age, it's the cost of a stamp.**

Barb Marshall

## ONTARIO

# Spreading cheer on the GO

**Gilbert Ngabo**  
Metro | Toronto

He may not exactly be Santa. But one Ontario GO train worker has made a name for himself — simply by adding a cheerful tone to his work.

Meet Gord Plumridge, the customer service ambassador who's taken to remixing well-known carols and bringing an extra dose of holiday spirit to riders on the Barrie line.

"Six years ago when I started, people would look at me like, 'what, are you crazy?' Well, I guess I was a little bit," he said.

The very first song he created is a spoof of Let It Snow, in which he makes references encouraging people to use GO train services.

It goes like this: When the weather outside is frightful, the train runs so delightful, when snow really starts to blow, take the GO, take the GO, take the Go. When the weather outside is crazy, and you're feeling kind of lazy, whether shopping or going to the show, take the GO, take the GO, take the GO.

# Cassette tapes making a comeback in the digital age

**Jessica Botelho-Urbanski**  
For Metro | Winnipeg

If you receive a playing card-sized piece of plastic this Christmas, don't be alarmed.

It's called a cassette tape and, oddly enough, it might be making a comeback.

The nostalgic music trend is getting a second spin thanks to (mostly) punk and indie artists releasing their music by tape, a fad that's left at least one local industry expert scratching his head.

"The thing with cassettes is they deteriorate over time, so the sound quality gets more and

more muffled. Maybe it's more like an art project," said Garry Watson, co-manager of Into the Music, a new and used record store on McDermot Avenue.

Watson stocks much of the music seen in store and said he doesn't understand the appeal of rewinding to cassettes.

But his co-worker Barry Leib sees the tape double-take as refreshing, pointing to a copy of DJ Kinetik's Cosmik Freakout 2 — The Psyche Psycho as one of his favourite tapes.

"It's a cheap way to get your album out. It makes sense to me ... to keep the local scene alive," he said.

Into the Music carries tapes from international artists, like



Into the Music's Barry Leib is a fan of cassette tapes, which he says could keep local music scenes alive.

JESSICA BOTELHO-URBANSKI/FOR METRO

N.W.A. and Death Cab for Cutie, and homegrown labels, like Dub Ditch Picnic. Used cassettes

occupy one corner of the store, touting greats like Mozart and Steely Dan.

Artists in Winnipeg are putting out cassettes as a tribute to the waning age of buying physical albums.

Indie-folk musicians Yes We Mystic and Micah Visser both put out cassettes recently, with Visser's 2016 EP, Forward, being released by local cassette label Birthday Tapes.

Though the nostalgia factor runs rampant, Visser said one of the reasons he got started with tapes is because it was cheaper than releasing CDs.

"I put it out more as a novelty thing acknowledging the fact that people who are buying it were more friends and family that were just going to want to support me," he said. "And then

in return, instead of giving them a CD they were never going to play, I gave them a cassette that at least has some sentimental nostalgia attached to it."

Visser said he doesn't have a tape player, but still has a collection of 30 to 40 tapes.

It's a listening medium that never really disappeared, according to Birthday Tapes co-founder Austin Boulton, but simply became unpopular.

"It's so weird. People are always like, 'Oh, vinyl's coming back. Tapes are coming back.' Nothing really left. Nobody stopped making them," he said. "Every band that's touring in Winnipeg I've seen, they have tapes with them."

## GOOD NEWS DIGEST

### Halifax wishes a Merry Christmas to Jeanette

The hand-written note on the beautiful purple orchids said it all. "Merry Christmas Jeanette, from someone who cares."

There was no name on the note. There didn't have to be.

The story of an 85-year-old Halifax woman being punched and dragged from her home in a scary attack

Tuesday night angered many in our city, and moved some to want to help.

Metro received several requests from people wanting to send gifts and flowers to Jeanette MacDonald. We asked those wanting to deliver a thoughtful gesture to drop it off to us Thursday and we'd take it to her. MacDonald said she was very appreciative.

PHILIP CROUCHER/METRO HALIFAX

### Positive stories from around the nation

#### Black Girl's Magazine: For black girls, by black girls

In a world where pop culture rules, black girls are almost invisible.

That's what prompted the launch of Black Girl's Magazine — created by black girls, aimed at young female readers. Annette Bazira-Okafor is the driving force behind the new publication. She's been working with a group

of young girls from the Greater Toronto Area, meeting regularly at her house to come up with story ideas.

KIM ZARZOUR/METROLAND

#### B.C. teen parents learn art of the lullaby

On their last day of school before the holidays, Rena Nadeau and Jordan Baptiste held their 10-month-old son Kaezen as a piano played through

a classroom stereo.

"Know your Dada loves you, know your Dada needs you," a voice intoned soothingly. Baptiste, 17, wrote the lullaby to help get his son to sleep at night.

But he said that he also hoped to change the way people see teen dads like him.

"I didn't want to drop out, and I wanted to kill the stereotype of the teen

dad being unsuccessful," he said. "School is very important — I wish I had spent more time in high school."

The lullabies are the result of song-writing sessions brought to their classroom by Andrea Unrau, a faculty member at the Sarah McLachlan School of Music, which also donated a keyboard and stereo.

DAVID P. BALL/METRO VANCOUVER

# CÉLÉBREZ

## LA VEILLE DU JOUR DE L'AN ET LE 150E DU CANADA AU CENTRE-VILLE D'EDMONTON!

*Joignez-vous à nous à l'hôtel de ville et la Place Churchill pour entamer le compte à rebours vers 2017 et le début officiel du 150e anniversaire de la Confédération du Canada.*

*Cet événement familial rempli de plaisir et sans consommation d'alcool offrira de tout pour tous les goûts.*

*Les feux d'artifice auront lieu à 20 h 30 pour les familles avec de jeunes enfants, et de nouveau à minuit pour ceux qui préfèrent une célébration de minuit plus traditionnelle.*

**DATE:** samedi, le 31 décembre 2016

**HEURE:** 18 h – 24 h 15

**ENDROIT:** Hôtel de ville et Place Sir Winston Churchill

**ADMISSION:** Gratuit!

**18 H À 22 H:** Venez vous amuser à l'intérieur de l'hôtel de ville où il y aura des activités pour toute la famille. Des magiciens, des sculpteurs de ballons, des murales en mosaïque canadienne, de la musique en direct, des artistes, des jongleurs, des acrobates et beaucoup plus! Le plaisir se poursuit à l'extérieur avec des jeux, de la musique, la location gratuite de patins, du patinage sur glace, des feux de joie, la préparation de pain bannock et des comptoirs de vente d'aliments.

**20 H 30:** Premier spectacle de feux d'artifice!

**21 H À MINUIT:** Spectacle sur la scène principale sur la Place Churchill avec musique de Uptown et les Dirty Rotten Scoundrels.

**MINUIT:** Spectacle traditionnel de feux d'artifice!

### FERMETURES DE ROUTE:

Certaines interdictions de stationnement et fermetures de routes seront en vigueur jusqu'à environ 1 h le 1er janvier 2017:

**9 H** la 104e avenue, de la 99e rue à la 101e rue

**13 H** la 99e rue, de la 102e avenue à l'avenue 102A. Interdiction de stationnement sur la 99e rue, de l'avenue 101A à l'avenue 103A

**16 H** l'avenue 103A, de la 97e rue à la 101e rue

**17 H** la 101e rue, de la 102e avenue à la 103e avenue

**23 H** l'avenue 102A, de la 97e rue à la 101e rue; la 99e rue, de la 102e avenue à l'avenue 102A; la 100e rue, de l'avenue 101A à la 104e avenue

### FERMETURES DE TROTTOIRS:

#### **16 H À 1 H**

Pour assurer la sécurité publique, les trottoirs suivants seront fermés aux piétons dans la zone de retombées des feux d'artifice:

Les trottoirs nord et sud sur **L'AVENUE 103A ET LA 104E AVENUE**, de la 97e rue à la 101e rue

Les trottoirs est et ouest sur **LA 100E RUE**, de la 103e avenue à 104e avenue

Les trottoirs est et ouest sur **LA 99E RUE**, au nord de l'entrée du garage à étages de l'hôtel de ville à la 104e avenue

**DEUX SPECTACLES DE FEUX D'ARTIFICE SPECTACULAIRES! CÉLÉBREZ LE COUP D'ENVOI DU 150E DU CANADA DANS LE « STYLE D'EDMONTON »!**

### SERVICE DE TRANSPORT EN COMMUN GRATUIT LA VEILLE DU JOUR DE L'AN:

Prenez le transport en commun pour vous rendre aux célébrations de la veille du jour de l'An et en revenir. Le service ETS gratuit commence à 18 h le 31 décembre jusqu'à 3 h 30 le 1er janvier. DATS est gratuit de 18 h jusqu'à 2 h. Pour des informations sur le trajet et l'horaire, consultez le planificateur de déplacement d'ETS en visitant [TakeETS.com](http://TakeETS.com).

Pour de plus amples informations,appelez le **311** ou visitez [edmonton.ca/newyearseve](http://edmonton.ca/newyearseve).

### STATIONNEMENT:

Disponible pour 1 \$ après 17 h au garage à étages de la bibliothèque Stanley Milner. D'autres emplacements de stationnement payant seront disponibles dans le cœur du centre-ville.

Pour d'autres emplacements de stationnement au centre-ville d'Edmonton, veuillez visiter [edmonton.ca](http://edmonton.ca).

**Veuillez noter:** La présence de grands vents et de conditions météorologiques extrêmes pourrait entraîner l'annulation de certaines activités extérieures. Appelez le **311** pour les plus récentes informations sur l'événement.



Edmonton



Canada

# CELEBRATE

## NEW YEAR'S EVE & CANADA 150 IN DOWNTOWN EDMONTON!



Edmonton

*Join us in City Hall & Churchill Square as we countdown to 2017 and the official start of Canada's 150<sup>th</sup> Anniversary of Confederation. This fun-filled, alcohol-free, family-friendly event will have something for everyone!*

*Fireworks will take place at 8:30 PM for families with young children, and again at 12:00 AM for those who prefer a more traditional midnight celebration.*

**DATE:** Saturday, December 31, 2016

**TIME:** 6:00 PM to 12:15 AM

**LOCATION:** City Hall & Sir Winston Churchill Square

**ADMISSION:** Free!

**6:00 PM TO 10:00 PM:** Join the fun inside City Hall for activities that the whole family can enjoy. Magicians, balloon artists, Canadian mosaic mural, live music, artists, jugglers, acrobatics and much more! The fun continues outdoors with games, music, free skate rentals, ice skating, fire pits, bannock-making and food concessions.

**8:30 PM:** Early fireworks show!

**9:00 PM TO 12:00 AM:** Main Stage entertainment in Churchill Square featuring Uptown and the Dirty Rotten Scoundrels.

**MIDNIGHT:** Traditional fireworks show!

### ROAD CLOSURES:

A number of parking bans & road closures will be in effect until approximately 1:00 AM on January 1, 2017:

**9:00 AM** 104 Ave [FROM 99 ST TO 101 ST]

**1:00 PM** 99 St [FROM 102 AVE TO 102A AVE]  
[99 ST PARKING BAN FROM 101A AVE TO 103A AVE]

**4:00 PM** 103A Ave [FROM 97 ST TO 101 ST]

**5:00 PM** 101 St [FROM 102 AVE TO 103 AVE]

**11:00 PM** 102A Ave [FROM 97 ST TO 101 ST]  
99 St [FROM 102 AVE TO 102A AVE]  
100 St [FROM 101A AVE TO 104 AVE]

### SIDEWALK CLOSURES:

#### 4:00 PM TO 1:00 AM

To ensure public safety, the following sidewalks within the fireworks fallout zone will be closed to pedestrians:

**103A AVENUE & 104 AVENUE**  
[NORTH & SOUTH SIDEWALKS, 97 ST TO 101 ST]

**100 STREET**  
[EAST & WEST SIDEWALKS, 103 AVE TO 104 AVE]

**99 STREET**  
[EAST & WEST SIDEWALKS, NORTH OF THE CITY HALL PARKADE ENTRANCE TO 104 AVE]

### TWO SPECTACULAR FIREWORKS SHOWS! CELEBRATE THE CANADA 150 KICK-OFF 'EDMONTON STYLE'!

**FREE NEW YEAR'S EVE PUBLIC TRANSIT SERVICE:** Take transit to and from your New Year's Eve celebrations. Free ETS service starts at 6:00 PM on December 31 until 3:30 AM on January 1. DATS is free from 6:00 PM to 2:00 AM. For route and schedule information visit the ETS Trip Planner at [TakeETS.com](http://TakeETS.com).

For more info call 311 or visit [edmonton.ca/newyearseve](http://edmonton.ca/newyearseve)

**PARKING:** Will be available for \$1.00 after 5:00 PM at the Stanley Milner Library Parkade. Other paid parking will be available throughout the Downtown core.

For more Downtown parking locations, visit [edmonton.ca](http://edmonton.ca).

**Please note:** High winds or severe weather may result in the cancellation of some outdoor activities. Call 311 for the most up-to-date event information.



Canada

## Battle for Aleppo ends

The Syrian government took full control of Aleppo on Thursday for the first time in four years after the last opposition fighters and civilians were bused out of war-ravaged eastern districts.

The evacuations ended a brutal chapter in Syria's nearly six-year civil war, allowing President Bashar Assad to regain full authority over the country's largest city and former commercial powerhouse. It marked his most significant victory since an uprising against his family's four-decade rule began in 2011.

The announcement was made via an army statement broadcast on Syrian state TV shortly after the last four buses carrying fighters left through the Ramousseh crossing.

"Thanks to the blood of our heroic martyrs, the heroic deeds and sacrifices of our armed forces and the allied forces, and the steadfastness of our people, the General Command of the Army and the Armed Forces announces the return of security and stability to Aleppo," an army general said in the statement.

But for Syria's opposition, it was a defeat that signalled the



Syrian rebel fighters are evacuated from Aleppo towards rebel-held territory on Thursday. AFP/GETTY IMAGES

start of a new struggle to forge a way forward.

The ancient city had been divided into rebel and government parts since 2012, when rebels from the countryside swept in and took hold of eastern districts. That set the stage for more than four years of brutal fighting and government bombardment that laid waste to those neighbourhoods.

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# Finding happiness in the time of Trump

Despite the real and metaphorical darkness, you can find joy in lovers, friends, neighbours, strangers and more

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You can't say there wasn't magic, of a kind, in 2016.

Despite no applicable experience, a legacy of bankruptcy, ignorance and even hostility towards the U.S. constitution, a campaign built on lies and ego, and uttering the word "pussy," Donald Trump will be the next U.S. president.

If he's sniffing anything, it's pixie dust. But his powers, let's call them, have their limits.

Despite so-called post-Trump disorder, it's not the case that Trump can drain the entire country of joy. Despite the real and metaphorical darkness of the hour, you can, in fact, be happy in America.

It's perhaps easiest in a city like New Orleans, where a convivial outlook is practically required. Nothing stops les bon temps from rolling.

And it's not because the city has a whole lot to celebrate, from certain perspectives. To name just a few: Thirty-nine per cent of children here live in poverty. New Orleans had double the homicide rate of similar U.S. cities in 2015. The gap in prosperity between black and white residents has widened by 37 per cent since Hurricane Katrina hit in 2005.

But perhaps that's part of it. Perhaps the reality of many lives here requires more joy, demands that you dance down the street on Sunday, rain or shine, in a second line parade.

I see the lesson this way: Why not do what you can, everything

you can, to love this life?

It's not the same thing as denial. Not at all. I'm a true Trump skeptic, a newly minted acolyte of journalist Masha Gessen and her argument that Trump's rule will be an autocracy, someone who believes Trump stands to worsen every single aspect of American public life his government touches, never mind the danger he poses internationally. I'm someone genuinely fearful for press freedom, equal rights, and the legislative free-for-all about to descend on the 32 Republican-controlled states.

But simply hating Trump and all that he stands for will do little to improve the chances of 2017. It's emotionally alluring political retail therapy, and utterly useless. Considering these purely bleak times is just another failure

of imagination, and we've had quite enough of that for one year. It's also an insult to all people who have and are suffering, and yet cultivate pleasure in life.

In New Orleans, the first and best source of happiness is one another, lovers, friends, neighbours, strangers, meaningful relationships of any shape built on decency, kindness, and caring. Bask in them. Snuggle them like an anti-Trump security blanket. Say "I love you" an obscene amount of times, if that's your thing (yes, it's my thing).

The second best source of happiness, which New Orleans also has no shortage of, is meaningful work. Not necessarily your job, though it could be that. But something you do, some way you contribute to your community or country or world.

I'll take my cue, in part, from Samantha Bee, who has been matching bulls—with belly laughs all year, and who recently sat down with, of all people, Glenn Beck.

"It's all of us, against Trumpism," she implored.

"I agree," Beck said. "We tear each other apart and we don't see the human on the other side."

And then they held hands—all four of them.

That, my friends, is magic, too.



A Christmas-themed campaign sign during a rally with President-elect Donald Trump and Vice President-elect Mike Pence, in Orlando, Fla. on Dec. 16. AFP/GETTY IMAGES

## URBAN ETIQUETTE **ELLEN VANSTONE**



## THE RULES: HOLIDAY MEALS

### In these troubled times, it's only polite to fight the good fight at your next festive family dinner — as long as you keep it clean.

It's been a crazy year, with the election in the U.S. and an upsurge of extremist declamations in Canada dividing many of us along class, race, economic and gender lines.

In spite of these differences, however, I believe in my heart of hearts that most of us, wherever we stand on the issues, ultimately want to come together. Granted, this will require a heroic amount of listening, humility and empathy, and I'll be the first to admit that those qualities don't always come easy.

Further complicating things is that proper etiquette doesn't always mean keeping your mouth shut.

It's all well and fine to smooth things over at a holiday dinner when someone spills gravy or passes gas during the meal. But the truly well-mannered person will never stay silent when others promote false or hateful ideas in



public or private.

This doesn't mean you get to yell and scream, or throw punches, or deliberately spill the gravy over a disagreeable relative's head.

It does mean you have a moral imperative to speak up and address problematic statements if they arise. For example, it's perfectly polite to say things like:

"Those numbers are false."

"That story is false."

"That statement is homophobic/sexist/racist."

"That kind of language is unacceptable."

"We listened to you express your views, and I'd ask that you now listen to me/him/her with the same courtesy."

At this point, the argument will take one of two paths. The first possibility is that one of the arguers will prove themselves to be incapable of mutually respectful discourse and dissolve into a toxic puddle of insults and wilful ignorance. So be it. Once you have fulfilled the moral imperative of calling them out on blatant falsehoods and un-Canadian slurs against marginalized groups, there's no point in further engagement. You may withdraw from the ring, and even walk away from the table if they keep punching below

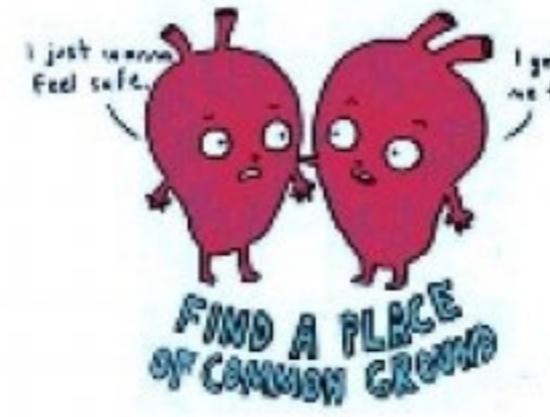
the belt.

Now, you might ask: why bother calling them out at all, if you know they're going to react this way? Obviously, such a dirty fighter will never change their game. But it's important to make them aware their position isn't inviolable. If everyone is silent when people tell lies and sling slurs, it reinforces the idea all round that such behaviour is acceptable.

Ideally, the dinner-table fracas will take the second path: a fair fight where all parties are willing to listen to one another, and maybe even willing to keep an open mind about their own position.

In this case, you might want to say something like:

"I'm genuinely



assuming everyone is still at the table, no one is in tears and there's more food inside all of you than on the walls, you might want to indulge in a little speechifying.

We are so lucky in Canada. Most of us live with such privilege — we're safe from war, hunger, poverty. We have health care and a social safety net.

Sure, we have problems, like any other society. But overall we're justifiably envied by the rest of the world for our tolerance of others, our good manners, our beautiful country and our peaceful, well-ordered, proudly multicultural communities.

We've achieved more here than any other civilization in history, but it's fragile. To preserve everything that's precious, we need to find a way to work together, to allay the fears, to stop

anyone from feeling marginalized or exploited or unheard.

The fact is, we have so much more in common than the prejudices that divide us.

Happy holidays, from everyone at Metro.

Need advice?  
Email Ellen:  
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## NO WRESTLING!



## VICKY MOCHAMA

### A Christmas tradition like no other: Catharsis by jigsaw puzzle

My father doesn't ask his family for much.

He really likes 1,000-piece puzzles, and each year we gather around to help. Instead of presents, we give each other tiny pieces of stress that "look like the corner of that air balloon or maybe that one instead."

This quaint family Christmas scene is actually a seething mess of emotions. It's not Christmas until someone has accused my mother of sabotaging the family by moving the puzzle. And it's not confined to our family. If you walk through our house at any point during the holidays, you will get dragged into the Puzzle Problem. The cost of a free meal and good company at Casa Mochama is at least one hour bent over a puzzle.

My father, a statistician, isn't excited by much — besides his kids (50 per cent of us, 50 per cent of the time) and complex math jokes (see above). He is so ecstatic over this year's puzzle that he sent a warning text. When I ask one of my sisters how she feels her reply is "Noooooo!"

"Because last year Tyler and I couldn't get to sleep because we had to keep going." Last Christmas, she and Tyler were engaged. Puzzle vortex aside, he still said, "I do."

"Puzzles will ruin my marriage," my sister complains.

This clearly isn't my dad's gambit at family unity. Even if you wake up early when



all through the house not a person is stirring, you'd better assemble a corner or you risk being kicked out of the house. Once you're conscripted to serve in the Puzzle Platoon, there is no escape. When it comes to puzzle completion, my father is a drill sergeant.

Yet the whole miserable slog is kind of useful.

Instead of a manufactured atmosphere of joy (unless your family are opera singers, no one enjoys carolling together), it is much healthier to go through the stages of grief with family and friends.

We start with the denial that we're going to get caught up in it. Not this year, man, not me. I'm here to read books and eat my weight in stuffing. Soon after, anger descends: In different and unprintable ways, almost everyone expresses that "this is a really stupid idea."

Next, bargaining. If only we'd picked the 500-piece puzzle about a farm, we could eat dinner before midnight. Then depression sets in: Life itself is a puzzle with an infinite number of pieces and, thus, nothing can be solved. The wine comes out.

Finally, acceptance. It is only a puzzle, not the end of the world. But if the apocalypse is nigh, what better group of people to be toiling over a puzzle with?

A puzzle might one day break our family apart, but we're emotionally ready for it.

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## Snow business like show business

IN FOCUS

**In Hollywood, you really do have to fake it to make it**

**Richard Crouse**  
For Metro Canada

On a film set the weather is frightful; But on screen it's so delightful; And since snow in July is a no go; Let it fake snow! Let it fake snow! Let it fake snow!

Are those beads of sweat on Santa's brow? It just might be. Movies set at and released during the Christmas season are usually shot when most people are wearing bathing suits, not parkas. So how do you make it look a lot like Christmas? Fake snow — i.e. cellulose flakes, snow sheets, snow blankets, acrylic icicles — and lots of it. Here's a look at how Hollywood creates sleigh ride in summer.

1. Snow Business Hollywood, a leader in providing fake snow for film production, says they have 168 products used to create screen snow. What's the advantage to filmmakers of using artificial snow on a film set? "You can control it," says owner Roland Hathaway. "Also, you're never dealing with the cold weather."



**Snowing in the south of France in May? Hollywood can make it happen. Actors Jim Carrey, Robin Wright Penn and Colin Firth frolic in flurries of fake snow bought in for the Cannes Film Festival premiere of A Christmas Carol in 2009.** GETTY IMAGES FILE

2. To create the sound of swirling snow heard on Hoth in The Empire Strikes Back, Foley Artists recorded surf sounds and tinkered with the sound by raising and lowering the volume. The Empire Strikes Back was shot at Elstree Studios, Borehamwood, Hertfordshire, England, the same film studio where The Shining was made. As a result, much of the fake snow used for Kubrick's film was also used for the Hoth scenes.

3. Asbestos was often used as fake snow in Hollywood in the 1930s and 40s. The White Christmas sequence in Holiday Inn — showing

Bing Crosby singing the classic tune amid the falling snow — exposed the cast and crew to asbestos fiber.

4. The "snowy" maze near the conclusion of The Shining consisted of 900 tons of salt and crushed Styrofoam.

5. Fake snow was also used during the uncharacteristically snowless Denver shoot for Die Hard 2. Huge air fans had to be brought in to replicate snow-storm conditions.

6. Fake snow is obvious in The Santa Clause when a SWAT officer slips and falls on a set of steps, causing the snow to

warp. It's obviously a snow blanket and not snowflakes, either real or fake.

7. It's a Wonderful Life was shot in the sweltering heat of a Los Angeles summer in 1946, necessitating the need for fake snow. Instead of using cornflakes painted white — which was loud when stepped on — director Frank Capra and RKO studio's head of special effects Russel Sherman invented a quiet — and sprayable — version by mixing foamite with sugar, water and soap flakes to create the winter wonderland of Bedford Falls.

8. The usually snowy Minneapolis/St. Paul International Airport was chosen as the location for the field and terminal scenes in Airport but the film's producers had to use bleached sawdust as a supplement, to make up for the lack of falling snow, until a snowstorm hit the Twin Cities area during the production of the film.

9. A "beginner" model movie snow machine will set you back about \$1,584.02.

10. To create blowing snow for a scene, throw laundry soap flakes or instant potato flakes in front of a powerful fan. Be warned! Soap flakes can make the set slippery. To make a snowy ground, mix 1 1/3 cups of liquid starch, 4 cups of laundry soap flakes and several drops of blue food colouring. To add a sparkling effect, add glitter.

MOVIE RATINGS by Richard Crouse	
Passengers	★★
Sing	★★★
Assassin's Creed	★★★
La La Land	★★★★
Fences	★★★★
Why Him?	★★★
HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT



# Secrets behind the La La Land moves

## ROUTINES

## Choreographer says months of training went into dances

Choreographer Mandy Moore was lying under a car on the hot pavement while more than 100 dancers above her twirled through gridlocked LA freeway traffic during the opening number of *La La Land*.

The sequence was months in the making — the most complicated ever undertaken by Moore, who's been creating routines for TV's *Dancing With the Stars* and *So You Think You Can Dance* for years.

"I'm going to call it hashtag panic attack," the Emmy-nominated choreographer said of the freeway routine, which required dozens of cars, several stuntmen, 30 professional dancers and more than 100 extras to have perfect timing during long takes.

She had to be close enough to call out cues but couldn't be seen on camera, so she hid under a car, watching on a wireless monitor. She could feel the magic from there when they got the shot.

"I still get goose bumps when I think about it," she said.

Creating that show-stopping (or starting) number and the celestial routines Ryan Gosling and Emma Stone perform in *La La Land* wasn't Moore's only role in the dreamy musical. She also spent months personally teaching the stars to dance.

A tribute to Old Hollywood and modern Los Angeles, the film is a love story set to original music, with Stone and Gosling dancing together throughout.

Each started with individual lessons at a small studio in Burbank, California — not far from the restaurant where their characters, Mia and Sebastian, first meet onscreen. Moore began with the same basics she would for any new student: connecting movement

to music and repeating classic jazz, tap and waltz patterns. Along the way, she worked to build "a general love of dance" in the actors.

Stone picked up the footwork first, Moore said, then focused on style and delivery. Gosling was the opposite.

"With Ryan, he was like, 'I don't know what step you're doing, but if you give me the style...'" she said.

"Her job is to kind of see the diamond in the rough," Gosling said, calling his teacher "a wonderful person and choreographer."

"She's very confident she can get it out of you if you'll stick with her."

Once they got the basics down, Moore put the stars together and taught them Mia and Sebastian's moves.

For *La La Land* writer-director Damien Chazelle, the most important thing about the choreography was that it be "as much about character as about bodies moving."

THE ASSOCIATED PRESS



Creating show-stopping numbers for Ryan Gosling and Emma Stone in *La La Land* wasn't choreographer Mandy Moore's only role in the dreamy musical. She also spent months personally teaching the stars how to dance. THE ASSOCIATED PRESS

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### DANCE DANCE EVOLUTION

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# Stone's risks paying off in Oscar buzz

FILM

## Evolving actress stars in big-screen musical

**Steve Gow**  
 For Metro Canada


La La Land may present a fantasized version of Hollywood, but the big-screen musical isn't that far-fetched to star Emma Stone.

After all, having moved to Tinseltown when she was just a teenager, Stone's own rise in movies mirrors that of her character in the rom-com about an aspiring actress and a jazz musician.

"I think I was into risks more than I thought," related Stone to the character. "Moving at 15 to L.A., it didn't feel risky at the time; it felt like this is the only option."

Since those naïve days, Stone has succeeded to become a star with such hits as The Help and 2014's Birdman (which earned her an Oscar nomination). She may have survived the oppressive auditions that marked her struggle in showbiz (many that are fictionalized in La La Land), but Stone has learned much from those early gambles.

"Taking risks has become much more interesting as I've

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### BEHIND THE SCENES

#### On early auditions:

"There were sometimes really funky people that you deal with but at least they're giving you the time of day," recalled Stone of her early auditions in Hollywood. "Those four words — thanks for coming in. That means it's never going to happen so that's what you dread hearing at the end of an audition."

#### Third time charm:

"We've been asked to improvise in everything we've done and I think it sort of

brings you together in a way," said Stone of her third film with Ryan Gosling. "Because we've known each other a long time it just makes it simpler."

#### Emma + Ryan = Chemistry:

"They just seem to exist on-camera and you don't see all the hard work that goes behind it," said director Damien Chazelle about his two romantic stars. "Even if they hadn't done movies together before, there would've been this built-in chemistry."

grown older," said Stone, explaining that she no longer defines career success through popularity and instead considers projects in how she'll evolve. "The only time I've ever felt like I grew was from something really risky I didn't think I could do, or from failure. When things go swimmingly or you do something you know you can do, it doesn't really teach you all that much."

With La La Land, Stone's only familiarity was with co-star Ryan Gosling (having worked with him twice before), but the idea of taking on filmmaker Damien Chazelle's epic musical presented a new challenge.

"He was so patient and talked me through the whole thing," laughed Stone of her anxious introduction to the movie. "It was exciting from the very beginning — the idea of an original musical that takes place in modern day but feels like an old MGM Cinemascope (blockbuster)."

The risk has certainly paid off. Not only is the movie gaining Oscar buzz, but Stone took the top prize at the Venice Film Festival this year — a perk that's surely a big reward for her risk.

"Oh, it means a lot," laughed Stone about the mainstream triumph. "Listen, I'm very grateful for the (accolades) as well. Don't get me wrong, I'm still human — but I do understand I can give more if I'm growing."

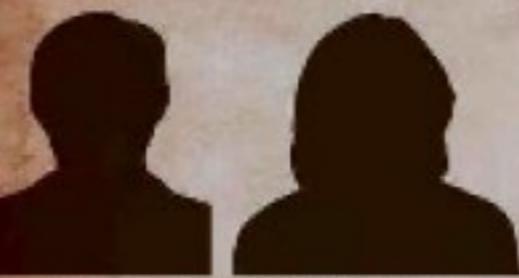


Emma Stone says director Damien Chazelle, below right, talked her through difficult scenes.

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# Finding space for travel buddies

## INTERVIEW

## Passengers trio spent 16 hours a day, every day, together

It may be a space epic, but *Passengers* was actually a pretty intimate endeavour. Most days on set, the cast consisted of just Jennifer Lawrence, Chris Pratt and Michael Sheen, who naturally got close quickly.

"I have friends I've known for over 15 years and I don't know them as well as we (all) do because we spent 16 hours a day, every day together," Lawrence said, not missing a beat in specifying that Pratt prefers "four Splendas" in his latte, not real sugar.

In the film, Pratt and Lawrence are passengers on a 120-year journey to a new planet. Both wake up 90 years earlier than planned. Sheen plays a robot bartender and de facto friend as they try to figure out what to do. Here, they talk about their journey together.

### You didn't know each other before?

**Lawrence:** None of us did!

**Sheen:** I remember the very first conversation we ever had. It was about ghosts.

**Lawrence:** Was it? I was staying in a haunted house! It was straight up haunted.

**Sheen:** Within a minute we were talking about ghosts.

**Lawrence:** It was heavy on my mind ... It was really haunted. The Jacuzzi would turn on by itself. I woke up and it sounded like a spaceship was landing on my roof.

### Does every actor dream of being in a space film — strapping on a spacesuit and playing with weightlessness?

**Lawrence:** If we were actually weightless it would be amazing. The truth is you're on a wire being held by your underwear in a 75-pound spacesuit having to float your arms up pretending to be weightless. So, yeah I mean watching it is amazing, but doing it...

**Sheen:** Would you have preferred to do what they did on *Apollo 13*, going on that actual airplane and dropping?

**Lawrence:** No, I would not.

**Pratt:** I would love that.

**Sheen:** You would?

**Pratt:** That would be amazing.

**Sheen:** That scares the bejeezus out of me.

**Pratt:** I would love that. I would do that in a heartbeat.

**Lawrence:** If I ever see you having a private conversation with one of our pilots...

**Sheen:** Just drop it, just switch the engines off."

**Does the idea of a 120-year**



In *Passengers*, Chris Pratt and Jennifer Lawrence wake up 90 years early on their 120-year intergalactic journey with Michael Sheen's robot bartender as their only company aboard the ship. CONTRIBUTED/JORDAN STRAUSS/INVISION/AP

### journey to colonize a planet hold any appeal to you?

**Lawrence:** It does for me. It's definitely a downside that by the time you get there everyone you know and love is dead. If you could bring a couple of people, though ... if I could bring Michael and Pratt, I'd be like, "Guys, let's go on a vacation. Don't ask questions. You're going to have to get a colonic." And then I would just sneak you into the hibernation pods and when you woke up I'd be like, "It's 200 years in the future!"

**Pratt:** "Ah ha, got you!"

**Sheen:** It would be interesting to see if in 200 years in the future, anyone is watching any of the films that the three of us have been in.

**Lawrence:** Of course they are!

**Pratt:** But it's crazy to think that just like, 200, 300 years ago people did get to make that decision. They boarded ships headed westward where they truly knew they were never going to come back.

**Sheen:** That idea of being a pioneer, I can see what is so exhilarating about that.

**Pratt:** We've run out of things to explore that are physical on this planet. There are no islands left, there are no landmasses left that haven't been colonized or explored.

**Sheen:** And yet, I've never been to Glendale.

**There's a pretty big twist in this movie that audiences are going to react strongly to.**

**Lawrence:** They are! That's what's so amazing. We don't want to talk too much about it because we want people to be surprised, but it's such a controversial twist in the movie that we haven't even advertised. And that was what I really liked about the movie. Everyone who leaves is going to have a different opinion.

**Sheen:** We're talking about the twist that I don't have legs?

**Lawrence:** Yes.

### What was the water bubble stunt like?

**Lawrence:** I was in a tank that was filled with mostly my urine. The hardest part was going upside down but not being able to blow the air out so water got in my nose and I'd have to swallow it.

**Sheen:** It's like being water boarded.

**Lawrence:** Exactly.

**Sheen:** But worse.

**Lawrence:** Way worse. "It's like being water boarded but worse." You can quote me on that.

### Is it refreshing to do an original blockbuster?

**Sheen:** It's now becoming rarer and rarer to see a film on this scale that you come to completely fresh. It's unlike anything I've ever seen. Also it's a massive sci-fi film and there's a really intimate story too. I can see why this film could easily not work without these specific two people.

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Denzel Washington and Viola Davis reunite in the film adaptation of *Fences*, opening on Christmas Day. They both won Tonys in 2010 for playing the same characters in the August Wilson play, which examines race relations in 1950s Pittsburgh. THE ASSOCIATED PRESS

# Washington can finally breathe easy about *Fences*

## INTERVIEW

### Tough calls made in play's first big screen adaption

Denzel Washington is feeling pretty good at the moment. It's mid-December in Los Angeles, Washington is a few weeks shy of his 62nd birthday, and the Screen Actors Guild has just recognized his adaptation of the August Wilson play *Fences* for its ensemble cast. He's also finally getting feedback from audiences as the film trickles out to theatres before opening wide on Christmas Day.

The ease around it is relatively new. He knew he had the goods, of course. *Fences*, Wilson's 1983 play about an African American family in 1950s Pittsburgh, had already won the Pulitzer Prize, Tony Awards for the original Broadway cast, and another batch of Tonys for Washington and Viola Davis in their 2010 revival. But, it would also be the first big

screen adaptation of a Wilson play, and only Washington's third time behind the camera.

"Going into the film, that's when there was pressure. It was like, 'That all worked, everything worked. Don't mess it up!'" says Washington. "My concern was, first, August Wilson and, second, my actors. And the Screen Actors Guild said, 'We recognize that.' So I was happy. I've kind of relaxed a little bit. And there's nothing you can do about it anyway! The movie belongs to the people now."

The few critiques that have been lobbed at the film about Troy Maxson (Washington), his wife Rose (Davis) and their family have zeroed in on that old idea that when you bring a play to the big screen, the director should "open it up" and disguise its essential play-ness. Washington hates that as criticism of his adaptation, and he gets especially animated about it.

"I did it this way on purpose because August Wilson is first, not, 'Hey! Denzel!'" Washington says, edging out of his seat.

"I can do all that. I can do ALL that. That whole big speech he made? I could have been pushing in on me. I could have done that. That's easy!"

Washington's choices to represent Wilson's material were more subtle and informed by the story and what he calls the music of the rapid-fire dialogue. In some instances, he does take it beyond the backyard where the play is set. But all those suggestions, he says, were right there in the screenplay — which Wilson wrote the bulk of before he died in 2005.

"A movie is like a home with all the different rooms. But if you overdo each room too much, it's not pleasant," Washington says.

The most difficult decisions he made during filming and editing were which actors to shoot and when. It's something that you don't have to decide in a play, when everyone can see everything happening. In some cases he extended scenes, cutting to another person in the kitchen overhearing something, or lingering on Davis for a beat

instead of closing out the scene immediately. In others, he could increase the physicality of the moment.

To visualize things better, Washington, recalling Sidney Lumet's advice, staged a two-week rehearsal. He rented out a big church in Pittsburgh, blocked out all the sets using tape on the floor, and hired understudies to be off book. It would allow him and his director of photography, Charlotte Bruus Christensen, to walk around, see all the action happening and figure out the shots from there.

"Nothing beats the confidence of having done it and having been rewarded for it. Viola Davis is not suddenly going to lose the performance somewhere between 2010 and now," he says. "So when the band got back together and we started reading we were like, 'Oh yeah, we can still play.'"

For the really tough calls, Washington says he would consult the spirit of Wilson in his sleep. Wilson's intent was always top of mind. THE ASSOCIATED PRESS

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**Sing**, starring Reese Witherspoon (below) as Rosita, an overworked stay-at-home mama pig, is smart and entertaining. CONTRIBUTED

**FAMILY FILM**

**Musical hums along with humour, poignancy**

One can imagine the pitch meeting: It's American Idol, but animated, and everyone's an animal.

We'll star a cuddly koala. We'll get McConaughey, Witherspoon, some other A-listers. We'll throw in everyone's favourite pop songs — get Legal on the phone! And hey, we'll add a fart joke. How could it miss?

And actually, that pitch meeting would be pretty much on the money. Sing doesn't miss, at all.

What this new holiday entry from Illumination (Despicable Me, Minions, The Secret Life of Pets) might lack in originality of concept, it more than makes up for in execution — in smarts, energy, star power and plain old entertainment value. And with a satisfying ending that also packs an emotional punch, it's hard to imagine you won't exit the theatre smiling, if not, um, singing.

The story, by writer-director Garth Jennings, revolves around Buster Moon, the aforementioned koala. A short digression here: why Buster doesn't have an Australian accent or any discernible relation to Australia — he's a KOALA! — is certainly curious. Then again, Matthew McConaughey certainly isn't Australian. And we love his distinctive



drawl. So, we're good.

Buster is a theatre owner, and his dedication to live entertainment will be touching to all those musical lovers out there (and this is the season for musicals). However, he appears to have horrible taste in the shows he picks. Times have been tough.

So Buster decides to put on a singing competition. He scrapes together \$1,000 for the cash prize. But due to an unfortunate typo on the flyers printed by his somewhat blind but lovable secretary, Miss Crawly (voiced by director Jennings himself), the prize is upped to \$100,000.

Needless to say, hordes show up to audition.

Which is good, because who doesn't love a good audition montage?

This amusing scene gives Jennings a chance to pull out all the stops. What ensues is a funny series of inappropriate animal/pop song mashups, like the snail singing *Ride Like the Wind*. You get the picture.

**We also meet our main characters here:**

- Rosita (Witherspoon) is an overworked stay-at-home mama pig — she has 25 kids and an exhausted husband, and it's pretty hard to find childcare for 25 piglets.
- Johnny (Taron Egerton) is a gorilla with a Cockney accent who's trying to break free of the criminal gang run by his father.
- Ash (Scarlett Johansson) is a teen porcupine with a jerky boyfriend and a hidden songwriting talent.
- Mike (Seth MacFarlane) is a rat with a Sinatra-esque croon and a spending problem.
- And Meena (singer Tori Kelly) is an elephant with a terrible case of stage fright.

Of course, when someone in an upbeat movie starts out with a case of stage fright, it's pretty obvious what's gonna happen by the end. So we won't even leave you in suspense on that. But there are other questions to be answered:

Will Ash show her arrogant boyfriend what she's made of? Will Rosita break free of the burdens of parenting? Will Johnny settle into a pre-ordained life of crime, or follow his musical dreams? And will Buster manage to make his theatre solvent?

The answers come with the help of even more celebrity voices: Leslie Jones, Jay Pharoah, Jennifer Saunders, Rhea Perlman and, most spectacularly, Jennifer Hudson have cameos.

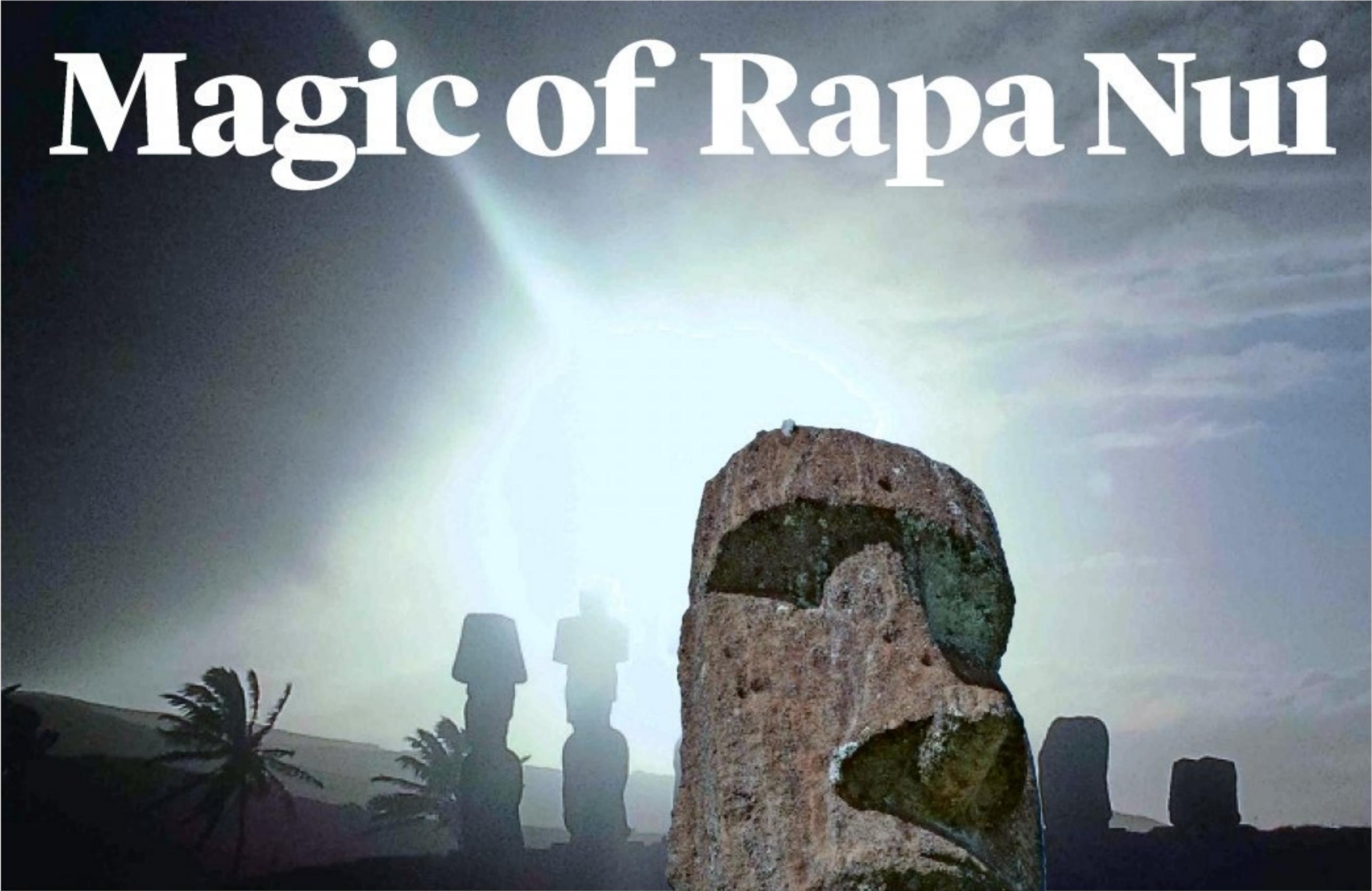
THE ASSOCIATED PRESS

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# Magic of Rapa Nui



The striking statues found all over Rapa Nui — better known as Easter Island to westerners — are nine metres high, weigh 14 tons, and are shrouded in mystery. AURÉLIE RESCH/FOR METRO; ISTOCK

## PACIFIC

### Easter Island's statues hold key to its secrets

**Aurélie Resch**  
For Metro Canada

I am four. I stare unblinkingly at the candle I just made with my mother. It is an impressive, stern face with a long nose and a big forehead.

"These statues can be found on Easter Island, far away from here in the middle of the Pacific Ocean," my mother tells me. I never lit the candle. I stared at it. For a long, long time.

Forty years later, I gaze at

the Moais lying down on the grass.

I'm in the "Pacific's navel" on a tiny island located 3,700 kilometres from Chile and 4,000 km from Tahiti — Rapa Nui for natives, Easter Island for westerners, and best known for its monolithic sculptures that first appeared here between the years 1,250 to 1,500.

Tavi, my guide at Explora and a native from the island, takes me on hikes every day to meet these impressive statues.

"Rapa Nui is all about mystery and legends," he says.

He explains that the nine-metre high heads (weighing some 14 tons) were sculpted out of the volcanic rock from the Rano Raraku volcano we just climbed. They were moved to villages and erected turn-

ing their back on the ocean. Moais represented the souls of brave warriors, looking after their family and their people.

"The ones lying down the ground fell during the transport. They couldn't be erected," Tavi says. "They needed to be perfect for that."

I look at the abandoned, expressionless faces and I somehow feel sad. They never made it.

Tavi tells me about the birdmen legend. Natives used to dive from a little rock we can see in a distance. They swam and fought with sharks before they

reached the little rock where sacred birds laid their eggs.

The woul'd bring one back up the cliff to the Māke-māke god and then be appointed chief of their tribe.

I didn't dive from the cliff into the ocean, but I did swim with sea turtles,

## IF YOU GO

**Getting there**  
Copa Airlines takes you from Canada to Chile via Panama. Latam takes you from Santiago, Chile to Rapa Nui.

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who appear on hieroglyphs scattered on the island.

They seem to swim to the shore where the sentinels are keeping the island's secrets.



## STUNNING COASTAL GEMS OF PORTUGAL

Nestled along the North Atlantic Ocean, Portugal is home to some of the most dramatic coastline in the world. At times, the sheer cliffs seem to be out of Ireland, while the arid south coast features paradise-like and dream beach destinations. Here are five of the best:

STORY AND PHOTOS BRENDAN VAN SON/FOR TORSTAR NEWS SERVICE



### 1 Praia do Camilo

Of all the beaches in Portugal, Praia do Camilo is likely the most famous. It's near the town of Lagos, set down a beautiful boardwalk and tucked in among yellow rocks. Jagged pillars of rock jut out from the sea, weathered and carved by years of wild waves. Though the beach is busy during the day, if you come around sunset you might have the whole place to yourself.



### 2 Cabo de Sao Vicente

If you want to experience wild weather, come to Cabo de Sao Vicente. This is where the cold, humid air of the Atlantic Ocean collides with the dry, warm air of the Mediterranean. The result, quite often, is a wall of fog. Even 10 kilometres away, the skies could be clear, but at Cabo de Sao Vicente it can be as stormy as anywhere on the continent.



### 3 Azenhas do Mar

Just outside of popular tourist town of Sintra, the tiny coastal town of Azenhas do Mar is an absolute treasure. Still relatively unknown to foreign visitors, this cliffside village is one of the most photogenic places in all of Portugal. Come and wander the cobbled streets, or plop down in the seaside restaurant for some of the best seafood you'll ever have.



### 4 Praia do Beliche

There are dozens of surf beaches in Portugal, but Praia do Beliche has quickly become the place in the country to surf. Access to the beach involves a climb down from the clifftop parking lot. Once at the bottom, you're greeted by sheer cliff walls and white sand. Most of the time, the waves here are relatively calm, which makes Praia do Beliche a popular place for surf schools.



### 5 Cabo Sardao

Way off the beaten path in the province of Alentejo, Cabo Sardao is one of the most dramatic places in the entire country. The flat landscape leading into it just seems to crumble into the sea. Huge waves from the Atlantic constantly batter its cliffs, which reach more than 30 metres in height. Below, there are simply stunning land forms, including rock pillars and arches.

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# Canada looks to set pace with its speed and grit

## WORLD JUNIORS

### Hosts have not allowed a goal in first two exhibition tilts

Playing on home ice with a team built for speed and tenacity could be a winning combination for Canada at the world junior hockey championship.

While Canada is missing teenage stars like Connor McDavid and Mitch Marner, who have already graduated to the National Hockey League, their closest rivals will also be without top talent at the tournament, which runs from Monday to Jan. 5 in Toronto and Montreal.

Coach Dominique Ducharme brings a team four lines deep in scoring ability with a decent defence and what they expect will be better goaltending with Carter Hart and Connor Ingram than the Canadian side that was eliminated by Finland in the quarter-finals of last year's world juniors in Helsinki.

Canada has five players back from that team: forwards Dylan Strome, Julien Gauthier, Mitchell Stephens and Mathew Barzal and defenceman Thomas Chabot. Forwards like Quebec league goals leader Mathieu Joseph, 2016 third-overall draft NHL pick Pierre-Luc Dubois, Ontario Hockey League scoring ace Taylor Raddysh and University of North Dakota digger Tyson Jost should give them four lines that can provide offence.

"Our pace and our skill and how hard we work, we put those three things together



**Canada's Taylor Raddysh scores against Finland goaltender Veini Vehvilainen during exhibition action in Montreal on Monday. Canada won 5-0 and followed that up with another 5-0 win over the Czech Republic on Wednesday.** GRAHAM HUGHES/THE CANADIAN PRESS

and it really works well," Jost said this week. "We're also a tight group off the ice and that benefits us on the ice."

"One thing you really need in a short competition is for everyone to be close off the ice. You can see that in our dressing room."

Canada will be the favour-

ite on the NHL-sized rinks at home, where it won two years ago when the event was also held in Toronto and Montreal. It was the only medal Canada has won in the last four world juniors, with the other three played on international-size ice in Europe.

The United States, learning

that scoring ace and Vancouver Canucks prospect Brock Boeser will sit out with a wrist injury, should also be in the hunt along with Finland, Russia and Sweden.

The Americans are also missing Auston Matthews, Matt Tkachuk, Zach Werenski and Noah Hanifin, while Finland is without the top three scorers from last year's tournament — Patrik Laine, Jesse Puljujarvi and Sebastian Aho.

Even some top draft-eligible prospects like Canada's Nolan

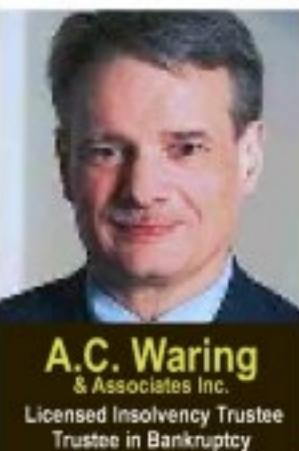
Patrick and American Casey Mittelstadt are out with injuries, but there are other 17-year-olds expected to go high in the 2017 draft to watch, such as Nico Hischier of Switzerland, Czech forward Martin Necas, Sweden's Elias Pettersson and nine young Finns including Eeli Tolvanen, Miro Heiskanen, Juuso Valimaki and Urho Vaakanainen.

There is also 16-year-old Swedish defenceman Rasmus Dahlin, who some see as the first overall draft pick in 2018.

THE CANADIAN PRESS

**We're coming together ... The chemistry's building and that's a good thing for this tournament.**

Canada captain Dylan Strome



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# Cubs title came just in time

MLB

## Championship helped ailing to rest in peace, relatives say

At the end, not much was getting through to Helen Weithman. The memories she collected over 98 years were slipping away. When Kathleen Strobel talked to her, she could tell by the blank look on her mom's face that she didn't understand a lot of what she was saying.

Then came the World Series.

"She really came alive when it started and they had the Cubs games on," Strobel said. "When we started talking about it she said, 'They haven't won since I was born.' It was probably the last thing we shared with her because she died on November 29th."

Strobel hasn't wondered if the hope of finally witnessing her Cubbies win it all added a little time to her mom's life. Studies have suggested that no one can will themselves to stay alive just a little bit longer.

Try telling that to the families

of some Chicago Cubs fans who are convinced their loved ones hung on to see the team win its first Series in 108 years.

Robert Matijevich doesn't know much about all the studies. He just knows what he saw at the North Chicago home where he lived with his father.

"He was really going downhill but in the World Series he was eating better, sleeping more," Matijevich said of his 88-year-old father, John. "When the Cubs won, he said, 'They did it in my lifetime.' He died that night. Did the older Matijevich stick around long enough to see the Cubs win the World Series?

"I really think that was the reason, I really do," said his son.

In 2004, as Boston was basking in an at-long-last World Series win, biostatisticians at Ohio State University threw water on stories about dying fans who kept themselves alive long enough to witness the first Red Sox title in 86 years. Their study concluded there was no evidence that cancer patients willed themselves to live just a bit longer.

The study's co-author, Dr. Donn Young, a now-retired researcher at the university's

**He was so thrilled after all those years of waiting.**

Margaret Peterson whose 82-year-old husband was dying of cancer in October.

Comprehensive Cancer Center said what is more likely was explained in another study that found people remember positive events more than they do negative ones — meaning nurses and other caregivers are more likely to recall those patients who made it through the holidays than those who didn't.

Still, Young acknowledged some of the ailing might eat better, more faithfully take their medicine and get plenty of rest in the hopes of reaching a milestone. And there is no underestimating the value of the smiles and the general bliss for Cubs fans the night of Nov. 2. There is no forgetting, at least for a little while, the distraction that the Cubs provided to those who had just hours or days to live.

THE ASSOCIATED PRESS



Hundreds of thousands of Cubs fans celebrated at the World Series parade on Nov. 4 in Chicago.

NAM Y. HUH/THE ASSOCIATED PRESS

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Olympic Committee — to sport federations whose athletes demonstrate medal potential.

Penny Oleksiak  
GETTY IMAGES

The strategy is called "targeted excellence" and is defined as identifying "a subset of athletes and/or teams that have a high probability of attaining stated desired Olympic and Paralympic performance results, and to provide them with focused support and funding to attain those results."

Despite the success, the system that helped put Canadians on the podium is under scrutiny.

Canadian taxpayers are the largest investor in their high performance athletes to the tune of almost \$200 million annually.

Own The Podium makes funding recommendations directing \$70 million — about \$6 million of it comes from the Canadian

reviewing targeted excellence among other aspects of the sport system.

The government decided it's time to look at whether the sport system is getting desired results affordably and if it is adapting to changing needs.

"Fourteen years ago we thought this was a good idea, this was the path and this was a cutting-edge approach to high-performance sport internationally," Minister of Sport Carla Qualtrough told The Canadian Press in 2016.

"So like any coach will tell you we need to keep reviewing the game plan. Medal performances say how well we've done under this particular plan, but maybe there's a different direction we need to go to achieve even better results next time."

THE CANADIAN PRESS

## OLYMPICS

## Canada adjusting to get better

Canada proved in 2016 it could compete with the world's top summer sport countries, equaling its best showing at a non-boycotted Summer Olympics with 22 medals at the Rio Games.

Four gold was the most for Canada at a Summer Olympics since the country won seven in 1992, and after falling short of the goal of a top-12 finish in the overall medal count in both 2008 and 2012, Canada finally cracked the top 10 in Brazil (10th).

Despite the success, the system that helped put Canadians on the podium is under scrutiny.

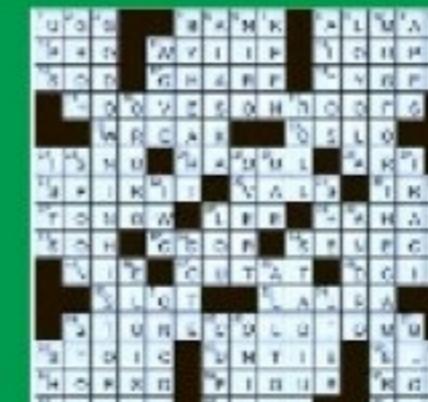
Canadian taxpayers are the largest investor in their high performance athletes to the tune of almost \$200 million annually.

Own The Podium makes funding recommendations directing \$70 million — about \$6 million of it comes from the Canadian

## YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to [metronews.ca/games](http://metronews.ca/games)



9	6	7	3	5	8	4	1	2
1	5	4	2	7	6	3	8	9
8	3	2	9	1	4	5	6	7
5	2	1	7	8	9	6	4	3
4	8	3	6	2	1	7	9	5
6	7	9	5	4	3	8	2	1
3	1	6	4	9	5	2	7	8
2	4	8	1	3	7	9	5	6
7	9	5	8	6	2	1	3	4

## Spicy Shakshuka

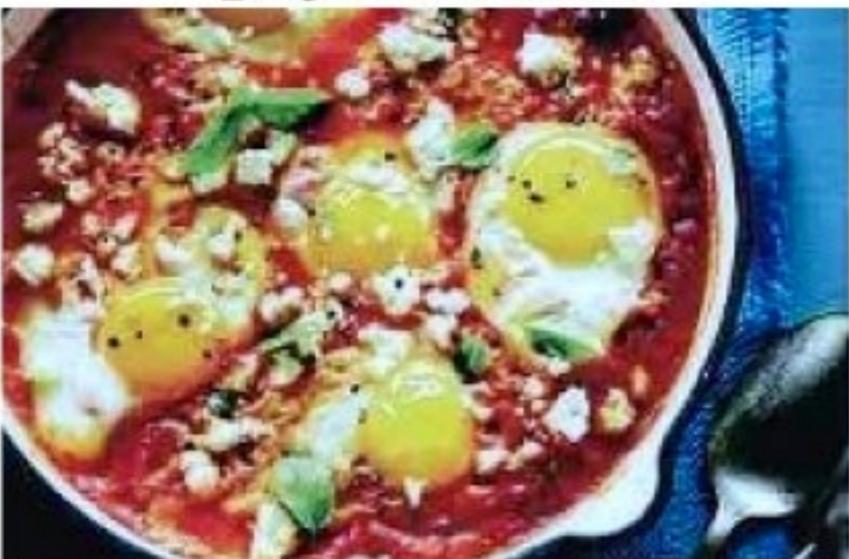


PHOTO: MAYA VISNEY

**Ceri Marsh & Laura Keogh**  
For Metro Canada

This one-pan dinner is just the thing when you need a quick and easy way to dinner.

## Ready in 40 minutes

Prep time: 10 minutes  
Cook time: 30 minutes  
Serves 4

## Ingredients

- 2 Tbsp olive oil
- 1 onion, diced quite fine
- 3 or 4 cloves garlic, minced
- 1 tsp paprika
- 1/2 tsp ground cumin
- chili flakes (optional)
- 1 can (28 oz) whole tomatoes
- 1 Tbsp tomato paste
- Salt and pepper
- 6 eggs
- 1/4 cup crumbled feta
- Handful of chopped basil or parsley

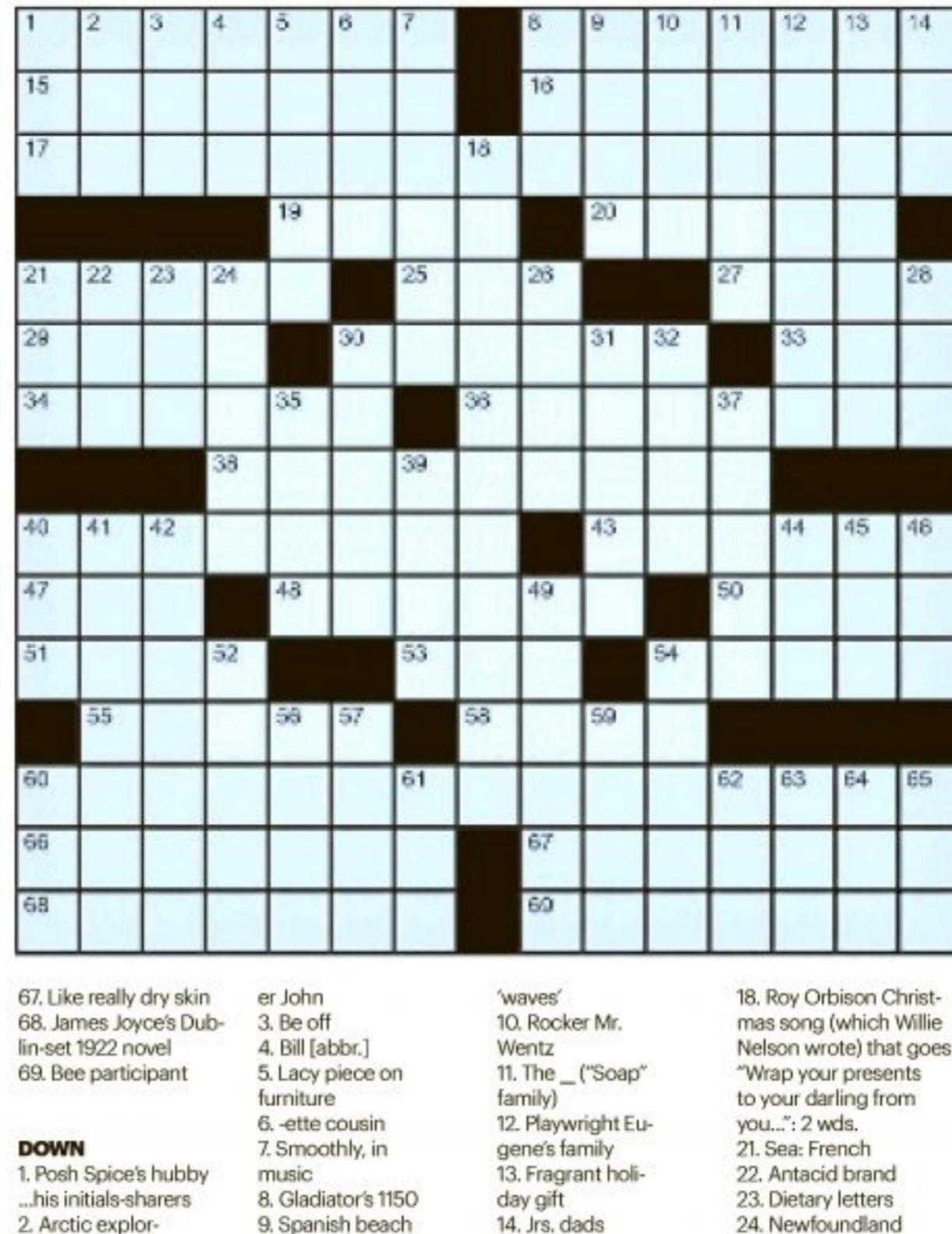
## Directions

1. Heat oil in a high-sided frying pan over medium heat. Add onion and garlic and let them begin to brown. Add the paprika, cumin and a pinch of chili and stir. Let cook about 3 minutes.
2. Pour in tomatoes and tomato paste and gently break them up. Allow sauce to simmer 20 minutes. Add salt and pepper to taste.
3. Spread sauce evenly across frying pan. Crack eggs over the sauce (I usually place five in a circle around the pan and one in the centre). Cook about 6 or 7 minutes.
4. Crumble feta and basil or parsley over the top. Shimmy a serving spoon under each egg to scoop out of the pan. Serve with crusty bread and some steamed vegetables.

FOR MORE MEAL IDEAS, VISIT  
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



comedy troupe that had a same-named CBC sketch series  
26. Jeanne \_\_\_  
28. Alphabet trio  
30. 'Five'-meaning prefix  
31. Swedish cars  
32. Susan Aglukark's " \_\_\_ Na Ho (Celebration)"  
35. Mr. Fleming's  
37. Ms. Furtado  
39. Literature: David Copperfield's first wife  
40. Songstress Ms. Cantrell  
41. Do better than the other realtors  
42. Ms. Houston  
44. " \_\_\_ guy walks into..." (Classic joke intro)  
45. Grass appendage  
46. Not you  
49. Mankind members  
52. Belonging to Rome's moon goddess  
54. Marie Antoinette, par exemple  
56. Fastened-to-clothing jewellery  
57. "...friend or \_\_\_?"  
59. In-a-row letters  
60. 'Game' in Gaspe  
61. Initials-sharers of Oscar-winner Julia's actress niece  
62. Roman sun deity  
63. Poetic contraction  
64. Flamenco exclamation!  
65. Big Apple hockey team [acronym]

## \* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Upsets and surprises with political, religious or racial issues are taking place right now, all around you. Fortunately, warm friendships are supportive.

**Taurus** April 21 - May 21  
Something unpredictable could affect a situation regarding inheritances, shared property, taxes or debt. Because this might happen, do your homework and get your ducks in a row.

**Gemini** May 22 - June 21  
Serious partnerships are undergoing sudden changes now. Tread carefully. Don't throw the baby out with the bathwater. Know what you want.

**Cancer** June 22 - July 23  
Although you are working hard, you also are looking for ways to introduce reforms and improvements to your job. Something unexpected might occur to help you do this.

**Leo** July 24 - Aug. 23  
For some time now, you have been wondering about future goals. Many of you will break out and surprise yourself by trying something different and new.

**Virgo** Aug. 24 - Sept. 23  
The stability you want to create at home might undergo a bit of a revolution. Just stay on course, but be ready to listen to new ideas and new ways of doing things.

**Libra** Sept. 24 - Oct. 23  
Sudden changes to your job or your residence might be taking place. You have to stay flexible. After all, the rigid trees are the first to snap in a storm.

**Scorpio** Oct. 24 - Nov. 22  
Something unusual might affect your earnings at this time. It will be a change that ultimately might create more freedom for you.

**Sagittarius** Nov. 23 - Dec. 21  
You're full of unusual, revolutionary ideas right now. You want to do something different. You want to buck the system and carve out a new path for yourself.

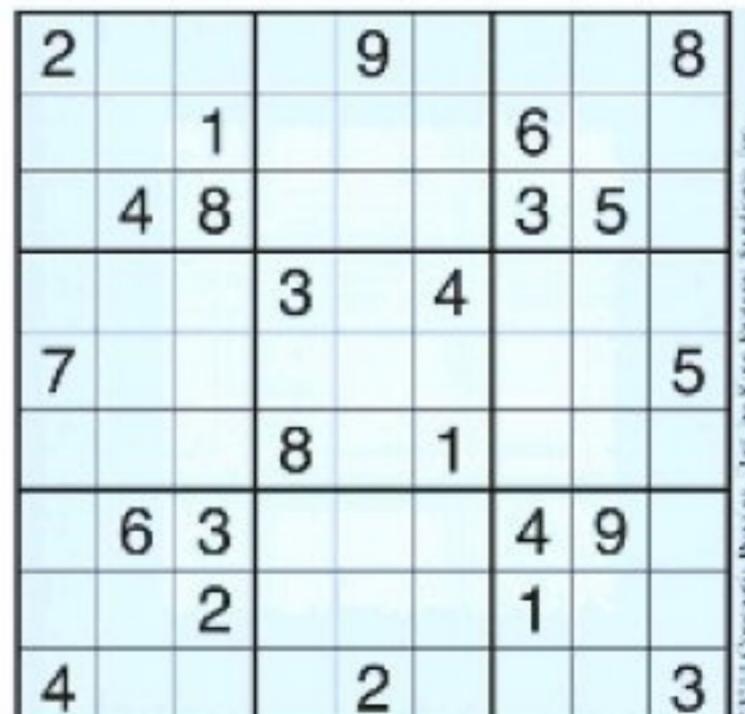
**Capricorn** Dec. 22 - Jan. 20  
Something secretive and surprising is going on behind the scenes. Whatever it is will not be a secret for long. Be aware of this.

**Aquarius** Jan. 21 - Feb. 19  
Your long-term relationship with a friend or a group might need to be changed now. Something is up for grabs, which means you have to be alert. Don't be afraid of change.

**Pisces** Feb. 20 - March 20  
Many of you want more freedom in your career or your job. You want to be self-employed, or you want to have the chance to call your own shots. Now is the time to test new ideas.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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\*For all offers on this page, see our back page for details.

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## Saying goodbye and hello



**Vicky Mochama**  
Metro

If 2016 was a movie, it could be nominated in every single category. There was drama, comedy, action, and reality TV — and that was just the American election. If 2016 had to be played by one actor, it'd be Meryl Streep. Only Meryl has the range to hit all the highs and lows that 2016 took us through.

This issue of Metro is a retrospective of all the moments that delighted, frightened and surprised us like only Meryl could.

It is also a look forward to the year ahead. The next

12 months will look nothing like that last 12.

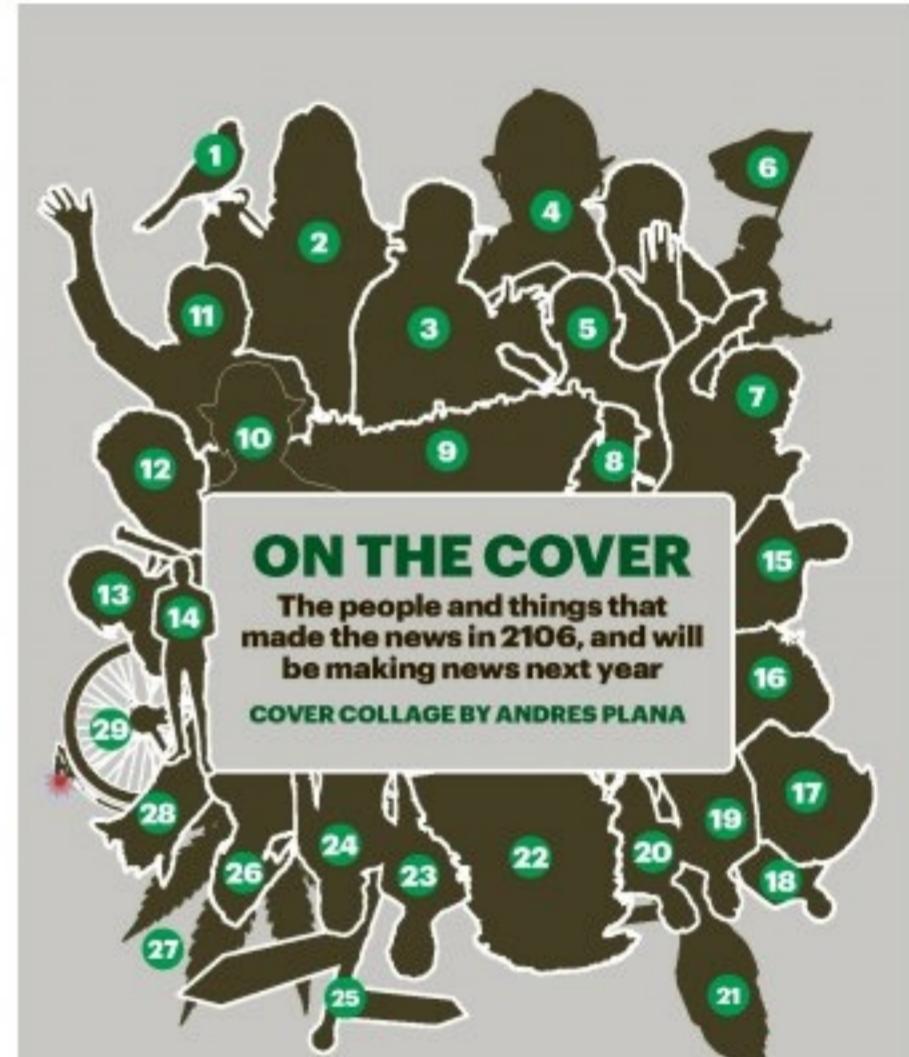
Change — big or small, desired or not — is the enduring quality of our time. Our cities, provinces, and country will not stay the same.

And really, neither will we.

At the beginning of 2017, many of us will resolve to change for the better. Gym memberships will not be used. Plans to spend less money will fall apart. (New shoes, new you?) New Year's resolutions will be forgotten.

But for today, Metro resolves to remember the events that changed the year and to ask:

Who will you be in 2017?



1. The grey jay	16. One of Toronto's elusive capybaras
2. Penny Oleksiak	17. Donald Trump
3. The Toronto Blue Jays	18. Vladimir Putin
4. Fort McMurray	19. Ryan Reynolds
5. Barack Obama	20. Ryan Gosling
6. Aleppo, Syria	21. Skinny buildings for generation squeeze
7. Prince	22. Indigenous reconciliation
8. Fidel Castro	23. Justin Trudeau
9. Refugees	24. Sophie Gregoire-Trudeau
10. Leonard Cohen	25. Brexit
11. Hillary Clinton	26. Beyoncé
12. David Bowie	27. Pot legalization
13. Star Wars: Rogue One	28. Purple Asparagus
14. Chris Rock at the White	29. Cycling and road safety
Oscars	
15. Rob Ford	

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# Blaze took a terrible toll

**2016 THE YEAR THAT WAS...**

**With tenth of city destroyed, many chose not to return**

**Alex Boyd**  
Metro | Edmonton

The 2016 story we'll all talk of for years to come is, of course, the Fort McMurray fire.

An unusually dry spring turned much of the province into a tinderbox. Then, a forest fire ignited near Fort McMurray in late April.

Early reports said it was under control and even moving away from the city. Then on May 1, everything changed.

With little warning, the out-of-control fire that would earn the nickname "The Beast" bore down on the city, forcing 90,000 people to abandon their belongings and flee for their lives — mostly toward Edmonton.

Over the course of one white-knuckle night, the population of Edmonton swelled by almost 10 per cent. Evacuees found shelter wherever they could, filling up hotels, community centres, mosques and the spare bedrooms of many Edmontonians who opened their doors to strangers.

The day after they piled their three kids into a rental car for the trip south — their own didn't have enough gas for the trip, and lineups at the pump were hours long — Mohamed Bouchaala and Fatma Louati spoke of the pain of watching their tight-knit community burn.

But, speaking at the Al Rashid



Edmonton's population swelled by almost 10 per cent in one night, with most of the 90,000 evacuees finding shelter in the city's hotels, community centres, mosques and the spare bedrooms of generous Edmontonians. Over half a year later, its impact can still be felt. METRO FILE

mosque where they'd found shelter in the main gym, they spoke of hope, too.

"We've built it once; we can build it again," Bouchaala told Metro.

Miraculously, no one died in the fire, though two people were killed in an accident on the exodus south.

About 10 per cent of the city was destroyed. The insurance



**It's like different parts of the city are different worlds.**

Rachel Ondang

payout was close to \$3.6 billion, the costliest insured disaster in Canadian history.

When people started returning June 1, even if their house was intact the city's services were down, and insurance

payouts were slow. Some chose not to return at all.

Even now, eight months later, much rebuilding still needs to be done, not everyone is back at home and demand for mental-health services has skyrocketed.

Russell Thomas with the United Way told Metro back in November that they'd seen a 1,200 per cent spike in referrals.

The story continued to resonate in Edmonton, and by November more than 850 pallets of donated goods had shipped from the central donation centre set up in the city — and organizers estimated that was only about two thirds of the stuff donated.

It's not a story that's ending any time soon.

Rachel Ondang, the co-ordinator of a distribution centre operating out of a Baptist church in Fort Mac, told Metro in September that she still arrives at work to see a lineup of people waiting for donated goods.

"It's like different parts of the city are different worlds," she said.

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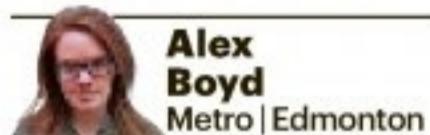
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# City has tough talk about racism

**2016 THE YEAR THAT WAS...**

TRANSPORTATION

## Acts of hatred felt across city, forcing need for conversation

 **Alex Boyd**  
Metro | Edmonton

Edmonton was forced to have a tough conversation about racism in 2016.

While racism was always here, the mainstream conversation about it started in the summer, when Bashir Mohamed was biking home downtown

**Initially I just wanted an apology. But after the sheer number of people downplaying it ... I want to take it all the way.**

Bashir Mohamed

and was called a "n—r" by two people in a truck.

He captured the event on camera. The conversation went viral.

"Initially, I just wanted an apology," Mohamed told Metro. "But after the sheer number of people downplaying it ... I want to take it all the way."

In September, local actor Jesse Lipscombe was walking down the street while shooting a commercial when a man in a car shouted abusive language, including the "N" word.

Like Mohamed, Lipscombe got much of the exchange on tape.

The two events sparked a citywide conversation. It went further, when Prime Minister Justin Trudeau mentioned Lipscombe's case on social media.

Lipscombe and his wife are friends with Mayor Don Iveson. They met after the incident

and created the Make It Awkward campaign, which urged people to call out racism when they see it.

"What I hope is that the conversation gives people more ammunition on how to treat people with love and respect on a daily basis," Lipscombe told Metro at the time.

Unfortunately, public incidents of racism only grew from there — a phenomenon some attributed to the campaign of president-elect Donald Trump south of the border.

First, a flurry of anti-Sikh posters appeared at the University of Alberta; then Islamophobic letters were left in mailboxes in some Edmonton neighbourhoods; then white supremacist posters showed up along Whyte Avenue.

But reaction was also swift.

A Sikh group hosted a Funk Your Turban event at the university, where passersby could try on turbans. Competing posters, preaching inclusion, popped up on Whyte Avenue.

Most recently, a group of volunteers handed out carnations at the University LRT station after



**Bashir Mohamed was the target of racist remarks. His footage of the incident went viral, prompting a citywide dialogue about a growing problem.** TIM QUERENGESSER/METRO

a man approached two women in hijabs, pulled out a noose and told them it was for them.

Still, the situation in Edmonton remains, well, awkward.

As Metro reported only a few weeks ago, several groups expressed disappointment that

the suspect from the U of A LRT station was released and called for the incident to be treated as a hate crime.

Metro's columnist Dani Paradis pointed out that the Edmontonians surprised by racist incidents in the city were also the

people who didn't have to deal with them. As she put it, racism in Edmonton is a white-person problem.

Paradis said calling out hateful posters is one thing, but tackling systemic discrimination is quite another kettle of fish.

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## 3 ISSUES THAT MATTERED

# No clear end date in sight for key infrastructure projects

**2016 THE YEAR THAT WAS...**

## TRANSPORTATION

## Multiple city initiatives face delays as year comes to close

**Tim Querengesser**  
Metro | Edmonton

The more the years change, the more they stay the same in Edmonton.

In 2016, the city was again dominated by stories of failure to hit expectations with municipal infrastructure projects.

The story seemed dogged in its refusal to change, too, despite Mayor Don Iveson tweeting optimistically on Jan. 1: "With high hopes for stiffer bridges, faster trains, & continued economic resilience: #HappyNewYear Edmonton! 2015 made us stronger #yegcc."

It wasn't to be.

In March, Metro's Ryan Tumilty reported that the "long-plagued Metro LRT line may finally start to get up to speed in mid May," and the story quoted city officials offering hopeful times for the line, which opened 18 months behind schedule in 2015 and has not run at the speed it was designed to since.

That sad reality remains the same today, despite those hopeful predictions, and as the year wore on it became normal for city officials to refuse to give further Metro Line



**The Walterdale Bridge was originally scheduled to open in the fall of 2015 but will only be opening in 2017. the city has provided no exact opening date.** RYAN TUMILTY/METRO

time frames.

Similarly, the many-times-delayed Walterdale Bridge occupied many inches in Metro Edmonton in 2016.

In March, Tumilty reported the city was confident the bridge was being built well — despite a lawsuit against a contractor.

But by September, the city announced the \$155-million bridge — originally scheduled to open in the fall of 2015 — would now be opening in 2017. They provided no exact date.

The theme carried over into bike lanes. While city council approved segregated lanes

**The city has done a poor job... getting their act together.**

Michael Kalmanovitch,  
local bike supporter

downtown in 2014, Metro was the first to report it was quietly not planning to build them until as late as 2020 or even beyond.

Local engineering firm

Stantec, showing little faith in Edmonton's administration to get things on the path, made national headlines when it agreed to share half the cost of a study for temporary bike lanes in the core.

That ultimately proved decisive, and council approved \$7.5-million to build the lanes in October.

Some were still rather unimpressed it took so much extra effort to get Edmonton to build lanes — the last large city in Canada to do so.

"The first bicycle transportation committee meeting I went to was in 1985 and the city has

done a poor job over (30) years getting their act together," said Michael Kalmanovitch, a local bike supporter.

The problems ultimately claimed heads.

Perhaps unsurprisingly, at least considering the bridges and LRT lines, in April, Metro's Alex Boyd reported that former transportation manager Dorian Wandzura was stepping down from his post.

"He and (city manager) Linda Cochrane came to a decision that he will be leaving down the road, but not for a few weeks," city spokesperson Lori Yanish said at the time.

## 2016 THE TOP FIVE

Five other stories that made headlines this year

**1. Byelection:** A whopping 32 people ran in February to replace Amarjeet Sohi as councillor in Ward 12. Former cop Moe Banga came out on top.

**2. Downturn:** An economic decline spurred by slumping oil prices coloured a lot of stories this year, though Edmonton's public sector and infrastructure boom shielded us somewhat.

**3. Refugees:** Over the last year Edmonton warmly welcomed more than one thousand fleeing the civil war in Syria, with local organizations reporting they were "overwhelmed" with donations for newcomers.

**4. Cyclist safety:** In June, an 11-year-old girl on her bike was seriously injured when she was hit by the driver of a garbage truck. The collision highlighted ongoing concerns about cyclist and pedestrian safety in the city.

**5. Abuse:** MLA Sandra Jansen going public with the abuse she faces as a woman in politics was just the latest in a series of women shedding light on the problem.

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# Edmonton's most memorable 2016 photos

1 A university student wearing a hijab receives a flower from students who organized the Dec. 7 event after an alleged racist threat at the University LRT Station.

2 Farmers and farming families protest against Rachel Notley and the NDP in office, along with protesting Bill 6 on March 8.

3 Headshots of Veterans were taken at the Kingsway Legion Branch 175 on Remembrance Day. The veterans depicted fought in a range of different wars in history.

4 Behind the scenes of a local TV show being produced in Edmonton at the Alberta Hospital on July 6.

5 An elderly couple waits for evacuation buses to arrive at the Anzac Recreation Centre on May 4. The centre was originally an evacuation point for Fort McMurray residents during the fire.

6 An 11-year old girl was struck by a garbage truck at the 28th St. and 43rd Ave. intersection on June 15 as she was biking to school. She survived the accident, but was seriously injured.

ALL PHOTOS: KEVIN TUONG/FOR METRO



## LOOKING AHEAD

# In his shiny crystal ball, he foresees a better year for our city

## In the forecast: employment's up, Walterdale Bridge to open

**Ameya Charnalia**  
For Metro | Edmonton

Edmonton faced its share of low points in 2016: sagging oil prices, soaring unemployment, incomplete infrastructure projects and several xenophobic incidents.

But if Art Basu is to be believed — and only time will tell if he is correct — there is much to look forward to

in 2017.

Metro spoke to Basu, an Edmonton-based psychic and astrologer, to give us a window into the future of Edmonton, courtesy of his crystal ball, and he kindly obliged.

For starters, Basu expects the price of oil to rebound in mid-2017, which he said will generate significant employment.

"I see things picking up in terms of the employment, in terms of economics, in terms of funding that's coming into the city and new businesses starting," he said.

Basu, who claims his psychic opinions are based on a combination of astrology and a reading of intuitive energy, said the price of oil will hold steady at over \$50 a barrel by

**The most important thing is to know that the future is good.**  
Art Basu

the middle of next year.

With a municipal election coming in 2017, Basu said that although there will be several new faces on city council next year, Mayor Don Iveson will not be at risk of losing his seat.

But not all the news Basu predicted is rosy.

Incidents of xenophobia that

occurred in Edmonton over the year, which included the proliferation of Islamophobic posters, will increase in 2017 because of an increasingly vocal minority that adheres to intolerant views, Basu said.

Nevertheless, Basu concluded that 2017 will be a better year for the residents of Edmonton than 2016.

"The most important thing is to know that the future is good, to have confidence in Edmonton," he said.

Oh, and there's one last prediction Basu made before parting ways.

He is convinced the beleaguered Walterdale Bridge project (which was supposed to open to the public in 2016) will be completed in 2017.



The professional clairvoyant at work. KEVIN TUONG/FOR METRO

## CHEAT SHEET

Here's what 2017 has in store, as told to Metro:

■ Price of oil to rebound, will hold at over \$50/barrel by mid-year.

■ Creation of jobs and new businesses.

■ Re-election of Mayor Don Iveson.

■ Walterdale Bridge project to reach completion.

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## 1 ISSUES THAT WILL MATTER

# The lessons next year will bring

## WHAT'S TO BE '17

## Perspective to be gained on core revamp, drugs, election

From politics to development to drugs, 2017 is shaping up to be an interesting year in Edmonton.

This spring, expect to see headlines about the city's burgeoning marijuana industry. As Metro reported last April, the federal government has announced legalization of marijuana is in the works.

We've charted the pot progress this past year — the world's largest cannabis production facility is currently being built in Leduc, for example — but 2017 will reveal what this really means for both business and consumers in the city.

At the other end of the drug spectrum, the coming year will be a crucial test for authorities trying to contain the damage done by opioids.

Authorities have scrambled to get the antidote naloxone into the hands of pharmacists and first responders. Local police laid their first manslaughter charge in relation to a fentanyl overdose in October.

It's not the only drug out there, however: We reported

52

Fifty-two people fatally overdosed on fentanyl in Edmonton between January and September this year, as we reported in November.



Marijuana enthusiasts flocked to the Legislature grounds for 4/20 this year and talked to Metro about the big changes coming to the industry in 2017. METRO FILE

in November that other opioids are collectively killing more people than fentanyl.

Elaine Hyshka, assistant professor with the University of Alberta's school of public health, told Metro at the time that "what it really says is you need to approach the problem of overdoses as comprehensively as possible."

In the field of politics, next fall could bring a political shakeup in Edmonton — or not.

We're heading back to the

polls in October, but Mayor Don Iveson is still pretty popular.

According to a poll by Mainstreet Media this October, Iveson had 42 per cent of the decided vote and a very healthy approval rating. However, in a possible indicator of debates to come, 42 per cent of respondents said they were not receiving good value for their tax dollars, as we reported at the time.

The stories about downtown will probably keep coming all

year long.

Rogers Place opened to much fanfare this year, but the Ice District itself still has a long row to hoe before it's complete, and the city has another couple of years of construction to look forward to.

As the development takes shape in 2017 we'll also see what this means for downtown more clearly. Will the long-awaited plan to revitalize the core come to fruition? Who will benefit — and who will not?

While undoubtedly a hit with hockey fans, debate about how to accommodate so many visitors to the core continues.

As Metro reported in November, people who are homeless and have long lived in the area are divided on the value of the new arena.

"As long as we can respect each other, I think everything will be OK," Vernon Rademacher, who uses the Boyle's Street services next to the new arena, told Metro in November.

METRO

## 2017 THE TOP FOUR

Stories to watch in the coming year

1 Bike lanes:

Look out Edmonton, a grid of basic bike infrastructure is coming to downtown this year, in what has been described as a game-changer for cyclists.

2 Reconciliation:

Just a year after the Truth and Reconciliation's final calls to action, Edmonton has made progress — but can we keep it up?

3 Political infighting:

The arrival of Jason Kenney has sparked an identity crisis in the Progressive Conservative Party and Wildrose, too.

4 Carbon tax:

The first stage of the NDP's much-debated carbon tax kicks in on Jan. 1. Most economists agree it'll reduce greenhouse gases, but prices are going up.

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**What it really says is you need to approach the problem of overdoses as comprehensively as possible.**

Elaine Hyshka,  
University of Alberta

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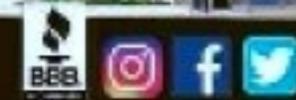


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# Moments that won't be forgotten

From the prime minister's welcoming of Syrian refugees to Jian Ghomeshi's trial, here are five moments from the past year.

METRO WITH FILES FROM THE CANADIAN PRESS/ALL PHOTOS THE CANADIAN PRESS



Prime Minister Justin Trudeau pledged additional humanitarian support for refugees at a press conference at the 71st Session of the UN General Assembly in September.

## SYRIAN REFUGEES

### Our model recognized across the world

This year, as the Liberal government moved to fulfil their (modified) promise to bring in 25,000 Syrian refugees into the country, Canada's population numbers swelled to well over 36 million. This number is at its largest since 1988, as the population grew by 1.2 per cent. The boost in overall population was due, in part, to the Liberals' Syrian refugee resettlement program, a model which has received commendation around the world and is seen as one to emulate. The number of Syrian refugees in Canada since November 2015 is well over 30,000. However, Canadians are pushing the government to do more. Individuals who want to privately sponsor refugees have taken to the streets to protest the red tape and bureaucracy surrounding the program. Many Canadian sponsors have expressed frustration that the people they are sponsoring have yet to be admitted into the country.



Federal Environment Minister Catherine McKenna



Prime Minister Justin Trudeau speaks at Parliament Hill after meeting with Manitoba Metis Federation President David Chartrand, Assembly of First Nations Chief Perry Bellegarde and President of the Inuit Tapiriit Kanatami Natan Obed.

## INDIGENOUS RELATIONS

### On the path to reconciliation

Despite what many thought was inadequate funding in the federal budget for indigenous people, the Liberal government says it has been committed to furthering the process of reconciliation. The Liberals removed Canada's objector status to the UN Declaration on the Rights of Indigenous Peoples in May. The government also launched an independent inquiry into Canada's missing, murdered indigenous women in August. The goal of the inquiry is to look into "examine practices, policies and institutions such as policing, child welfare, coroners and other government policies/practices or social/economic conditions," that contribute to the higher rate of indigenous women disappearing or being murdered.



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## ROYAL VISIT

### 'Pop,' says the Princess

The Duke and Duchess of Cambridge brought their two children, George and Charlotte, along for a royal tour of Canada in September. The couple met with Olympic athletes, talked with Syrian refugees and hung out with PM Trudeau and his wife Sophie Gregoire-Trudeau.



The Duke and Duchess of Cambridge attend a children's party with Prince George and Princess Charlotte at Government House in Victoria, B.C. on Sept. 29.



The Duke and Duchess of Cambridge attend a children's party with Prince George and Princess Charlotte at Government House in Victoria, B.C. on Sept. 29.

## JIAN GHOMESHI

### Case unearthed difficult truths

The former CBC host of the radio show Q, Jian Ghomeshi, was acquitted of five charges relating to sexual assault or harassment, and the last charge was withdrawn after a peace bond agreement and an apology to his victim. Ghomeshi's trial began Feb. 1, 2016, and lasted eight days. The Ghomeshi case, from its beginnings, shined a light on entrenched institutional sexism and misogyny that many had not wanted to admit existed in Canadian culture.

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# Counting on challenges for Trudeau

THE YEAR THAT WILL BE **2017**

## Tories, NDP get ready for new leaders, hope for better year

Count the federal Conservatives and the NDP among those looking forward to a better year in 2017 — a year the two opposition parties are also counting on as a significant challenge for one Justin Trudeau.

The dramatically different political landscape on the other side of the Canada-U.S. border is going to throw a wrench in the Liberal prime minister's plans, says interim Conservative leader Rona Ambrose.

"There's a train coming down the track and I don't think he's faced the reality of it," Ambrose said in an interview.

The new year will bring with it permanent new leaders for both the Tories and the New Democrats, as well as a clearer sense of direction in both substance and style as preparations begin in earnest for the next election cycle.

But as one political party's rising fortunes are often tied to the diminishing fortunes of another, both are especially focused on what the calendar change will mean for the Liberals.

High on that list are higher taxes on the wealthy and Liberal plans for lower greenhouse gas emissions — including a national price on carbon — and how they will affect Canada's ability to attract investment once U.S. president-elect Donald Trump arrives in the White House.

"All of this means job losses for Canada, because it means we're going to be uncompetitive compared to the United States," said Ambrose, citing Canadian beef



Interim Conservative leader Rona Ambrose says soon-to-be dramatically different political landscape in the U.S. is a reality Justin Trudeau has not yet faced. SEAN KILPATRICK/THE CANADIAN PRESS

exports and softwood lumber as possible targets in any renegotiation of the North American Free Trade Agreement.

"How is Prime Minister Trudeau going to protect those jobs? What's the plan? I just don't believe he has one."

At the same time, Ambrose said the likelihood that Trump will approve the Keystone XL pipeline quickly after taking office is "an opportunity" for Canada.

Trudeau, who also supports Keystone XL, expressed disappointment when U.S. President Barack Obama rejected the pro-

ject just as the Liberal government was taking office last year.

NDP Leader Tom Mulcair said Trudeau is putting the cart before the horse when it comes to approving Kinder Morgan's Trans Mountain pipeline without a tangible plan to reduce greenhouse gas emissions, as they committed to last year at the UN climate change conference in Paris.

"A lot of Canadians are feeling disappointed and indeed betrayed by a government that got elected by promising real change, but in case after case, example after example, file after



**There's a train coming down the track and I don't think he's faced the reality of it.**

Rona Ambrose

file, real change isn't there," Mulcair said this week.

Mulcair cited the Liberal decision to stick with the Conservative targets for emissions reductions as one glaring example.

The fact remains, though, that while the Conservatives and the NDP have been ramping up their attacks on the Liberals on issues like so-called "cash-for-access" fundraising and electoral reform,

both need permanent leaders before they can begin to showcase themselves as alternatives.

The Conservatives will choose a new leader May 27 from a bank of hopefuls that currently numbers 14 confirmed candidates.

Chad Rogers, a Conservative strategist, said that as far as electoral defeats go, 2015 was actually a pretty good one for his party.

"As Conservatives, for those of

us who have been around for a while, we usually blow the whole thing up, and then go into the wilderness and lick our wounds and kill each other for a while," said Rogers, a partner at Crestview Strategy.

Rogers also said he was pleasantly surprised, during last month's leadership debate in Saskatoon, to see how little daylight there was between the candidates on many of their policy ideas.

"The coalition is fine."

The New Democrats, on the other hand, still don't have an official candidate, although Peter Julian and Charlie Angus both relinquished their roles in the NDP shadow cabinet to explore possible bids.

New Democrat MPs Niki Ashton and Guy Caron, as well as Ontario NDP legislator Jagmeet Singh, are also in the mix as potential contenders.

The party won't start voting until September, a process that could extend all the way to the end of October before a victor emerges.

Robin MacLachlan, an NDP commentator with Summa Strategies, said members are eager for the race to take shape so they can move past the internal battle that saw Mulcair lose a leadership review vote this last spring.

Grassroots members were cut off from the decision-making process of both the campaign and the leadership, he added. "It's a time to reconnect with the grassroots of the party."

In different ways, the elections of both Trump and Trudeau show that voters are looking for a leader who can connect with people, said MacLachlan.

Whether Trudeau can keep it up is another matter — especially, Ambrose noted, when so much about the world has changed since he was elected.

"I think the fun is over," she said, "and the hard work's going to start."

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# Children have the right to choose

**2016 THE YEAR THAT WAS...**

## Guide warned not to force gender-neutral washrooms

The small picture of a black toilet on a white background above the word "washroom" has become a big sign of inclusion for a rural school district in Saskatchewan.

Prairie Valley School Division, near Regina, has created all-gender washrooms at all of its facilities, including elementary schools.

Director of education Ben Grebinski said it was important to include elementary schools because transgender children of all ages need support from educators.

"You can't differentiate between a five-year-old and a 17-year-old. When you become familiar and aware of their preference, you have to be able to accommodate that



**A woman walks to a bathroom at the Prairie Valley School Division office in Regina, Saskatchewan. All the bathrooms of the rural school division's 39 schools now have gender neutral signage, what they call "all gender bathrooms."** MICHAEL BELL./THE CANADIAN PRESS

preference," Grebinski said.

The division spent a year creating a diversity policy. There was no human rights complaint to force action. Parents were

consulted on the policy.

"There was a little bit of opposition in certain circumstances because people felt kind of

uncomfortable with this," said Grebinski. "And what we found was that as soon as people became aware of the purpose and our intent here was to just

provide humanity, with an opportunity to be expressive and to be who they were on an individual basis without any kind of alienation, people were very willing and accepting, so frankly we didn't have any challenges or issues."

Dr. Kristopher Wells, an assistant professor with the Institute for Sexual Minority Studies and Services at the University of Alberta, said elementary schools are becoming the new front lines as parents seek support for their transitioning children.

"It's now not uncommon to be working to support transgender youth as young as six or seven," Wells said. "Ultimately, it comes down to issues of safety and inclusion in schools and if students don't feel safe and they don't feel included, they're not going to be able to learn."

Wells, along with two transgender teachers, wrote a guidebook for the Canadian Teachers Federation on how to support transgender kids.

Their recommendations include creating a school policy ensuring all transgender students can use a washroom cor-

responding to their asserted gender identity. If students do not feel safe using these washrooms, the guide suggests, schools provide access to a private or staff washroom.

"You start with the child first and you work outward," Wells said. "It's their decision to make, not anybody else's, and that's where we run into problems saying 'You can only use this bathroom'."

He points to a case in Edmonton last year where the family of a seven-year-old transgender girl filed a human-rights complaint against a school board after she was told not to use the girls' washroom. The student balked at the school's suggestion to use a gender-neutral washroom.

School boards across Alberta have since been given guidelines that say students have the right to use washroom and change-room facilities aligned with their gender identity. The guideline says schools should provide a non-gendered, single-stall washroom for use by any student for any reason, but also notes that students shouldn't be forced to use it unless it's their choice. THE CANADIAN PRESS

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# Deadly overdoses rising nationwide

THE YEAR THAT WILL BE **2017**

## Rising fentanyl use has more cities pursuing injection sites

Watching an addict fill a syringe with puddle water, former senior RCMP officer Raf Souccar imagined a radical shift in how Canada could deal with people in the grip of drug addiction — by providing them with medical-grade heroin and giving them a chance to survive.

"I've always thought of these people as victims," he said, recalling the scene in Vancouver's Downtown Eastside, where the man added heroin to the dirty water and injected the contents into his arm.

"I've seen a guy injecting with a needle he was sharpening on the side of the curb," said Souccar, a former RCMP deputy commissioner who spent 35 years fighting the illicit drug trade and is now concerned about the death toll from the fentanyl overdose crisis, which has killed hundreds of people in Canada this year.

The country's two supervised-injection sites, including Insite, are both in Vancouver. Addicts are provided with clean needles and a nurse who watches over them as they shoot up their own drugs. People who unwittingly overdose on fentanyl-laced substances are given another drug, naloxone, to reverse the effects and then sent to hospital.

Souccar said addicts should be given medical-grade heroin along with housing and mental-health services to save overall health-care costs and money for policing, courts and incarceration.

"I'm not advocating drug use. I'm saying in the situation of people who need help, we need to find a way to help them with quality-control products," Souccar said from Ottawa.

"I don't think we should just turn our heads and say, 'Continue to be preyed on by drug dealers and we'll just allow you to come in and inject and call an ambulance for you if you overdose.'"

On the sidewalk in front of Insite, a man pouring milk into a tall plastic container full of cereal said at least 40 people he knew died in the past year from heroin containing the powerful painkiller fentanyl.

Addicts would inject at Insite if a pure form of heroin were provided, said Dale Gonzales, 35.

"I only dropped once and it was a couple of months ago," Gonzales said of overdosing



Janet Charlie holds a photo of her late son, Tyler Francis Charlie, who died Aug. 31, 2016 age 26 due to a fentanyl overdose.

DARRYL DYCK/THE CANADIAN PRESS

### MY STORY

#### Nathan Huggins-Rosenthal, Calgary

When Rosalind Davis thinks about her partner, she tries to focus on the positive — visits to the dog park with their two small mutts, hot yoga classes, leisurely weekend mornings drinking coffee and reading the newspaper.

"That's how I try to remember him, as that person who actually enjoyed life," Davis said. "You definitely watch the life disappear from someone once they become addicted to opioids."

Nathan Huggins-Rosenthal worked in finance and was renovating an old character house in Calgary that he and Davis had bought several months

earlier when he hurt his back helping a contractor carry a washing machine.

A prescription from his doctor for the painkiller Percocet marked the beginning of his spiral into an opioid addiction that would eventually take his life, one month shy of his 35th birthday in early 2016.

"I would describe him as an incredibly intelligent man," Davis said. "He was charming and funny. He came from a loving family. He had a philosophy degree and an MBA and he worked as a successful stock broker at the National Bank."

Huggins-Rosenthal bounced in and out of treatment centres, spending months on waiting lists while his addiction worsened,

Davis said.

In mid-February, six weeks after he overdosed at work and was rushed to hospital, Huggins-Rosenthal overdosed again while staying at his mother's home and died.

"When we believe addiction is a choice it really absolves society of any responsibility," Davis said. "And when we shame people who are suffering from addiction we push them further into the shadows."



### When we shame people ... we push them further into the shadows.

Rosalind Davis

at a hotel where he was using with three friends a couple of months ago.

"I did my shot and all of a sudden I said, 'Oh s—.' And I freaked out. I blacked out, and they told me I turned blue and everything." One of his buddies

had naloxone, which brought him back to life. Six hours later, he shot up again so he wouldn't get "down sick."

British Columbia declared a public health emergency in April, after a rising number of fatal overdoses. The coroner's

service recorded 622 deaths between January and October, most of them involving fentanyl.

An increasing number of overdoses elsewhere in Canada has cities including Toronto, Montreal, Edmonton and Victoria wanting approval from the

catch up to save lives.

"If we're watching somebody inject, coming into a place like Insite, every day using illicit opioids and forced to engage in the illicit stream of opioids and the illegal activity associated with that, I don't think it's medically, ethically or morally appropriate not to offer them a supervised pharmaceutical-grade option," he said.

Crosstown currently has 150 clients who also get other support including counselling, housing, nutritious food, services for conditions such as mental health, HIV and hepatitis C, along with job training, MacDonald said.

He said the annual \$27,000 cost to treat each addict at Crosstown has spinoff benefits and has kept patients out of a cycle of crime.

"My most recidivist patient at Crosstown has been in and out of jail over 200 times. Since he's had access to treatment here, (it's been) zero. He's been here since 2012, so that's going on four years."

Dr. Patricia Daly, chief medical health officer of Vancouver Coastal Health, which runs Insite, said discussions to expand the Crosstown model are underway in order to serve "hundreds more people who inject drugs multiple times a day."

"We're almost standing on the bottom of the waterfall, letting everything come down," she said, adding fentanyl-related deaths outside the two clinics have continued despite thousands of naloxone kits being handed out at clinics and emergency departments.

"This is the next thing that we'd like to start pursuing here, is how to expand the availability of the legal substitute of this illicit drug," Daly said of potentially providing pharmaceutical heroin at Insite.

However, current laws do not allow heroin or any drug substitute to be stored at supervised-injection sites, unlike at the high-security Crosstown Clinic, which was granted a special exemption by the federal government, initially for a study.

Daly said she has been in talks with medical health officers across Canada as part of the Urban Public Health Network on how other cities could replicate the model at Insite, where an average of 440 injections take place every day, though she added that entrenched addicts need a more comprehensive program, such as Crosstown.

She said about 80 per cent of the heroin that users voluntarily tested recently at Insite contained fentanyl, but testing is not available for carfentanil, an opiate often used to tranquilize large animals, such as elephants.

THE CANADIAN PRESS

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## MY STORY

**Joshua Graves,  
Berwick, N.S.**

There was a period after her brother's death when Amy Graves would repeatedly play back a recording he had made using a small toy phone while playing with her one-year-old daughter.

"For the longest time, I kept this phone in a ziplock bag and I would open it and just listen to his voice and listen to him talk to my daughter," she said, her voice breaking. "It killed me to listen to after his death."

While Joshua Graves's death in early 2011 predated the fentanyl crisis, it heralded the early days of the opioid epidemic that would erupt five years later. Graves said her brother, 21, was at a party in Nova Scotia's Annapolis Valley where he tried a small capsule of hydromorphone that was being passed around. That night he would go to sleep and not wake up.

What most bothers

Graves is the stigma. "I was told (by police): 'Your brother was a big boy. He chose to take those drugs. It's his own fault that that happened to him,'" she said. "And fair enough. I mean, he did make a poor choice. But he was a human."

A formal complaint led to a written apology from the police, who reopened the investigation into Graves's death.

Her brother had spent two years in Alberta and had just secured a promotion and moved back to Nova Scotia to work as an arborist, Graves said. He had a car, an apartment and a girlfriend who worked as an addictions counsellor.

"You think there are going to be warning signs. You think he's going to lose his job and his life is going to fall apart," she said.

"But that's what's so scary about opioids: You don't necessarily have to get to that point," she added. "It can happen to almost anyone."



Former senior RCMP Raf Souccar spent almost 30 years within the RCMP working on various drug-related aspects of crime. He now says addicts need help and "can't arrest ourselves out of the problem". THE CANADIAN PRESS/FRED CHARTRAND

## MY STORY

**Tyler Charlie, Vancouver**

Janet Charlie gestures to the ground beneath her, pointing out the nondescript section of sidewalk where her son fatally overdosed on fentanyl earlier this year.

"It's his birthday coming up," she said, wiping away tears. "But when I think about it, he's with his brother. He's with his grandparents and his aunts and uncles up there. He's surrounded by love up there, I know that. But it can be hard." Charlie was volunteering at a market in Vancouver's Downtown Eastside in August when someone raced up to tell her that her son Tyler had collapsed nearby.

"She said, 'Tyler went down. Doesn't look like he's going to make it,'" Charlie recounted.

Charlie said she rushed around the corner to see her son unconscious on the ground, shirt open as paramedics worked to revive him.

He was pronounced brain dead and died about a week later. He was 26 years old. Charlie compared using opioids with Russian roulette. "You're playing a game, whether you're going to be here today or tomorrow," she said.



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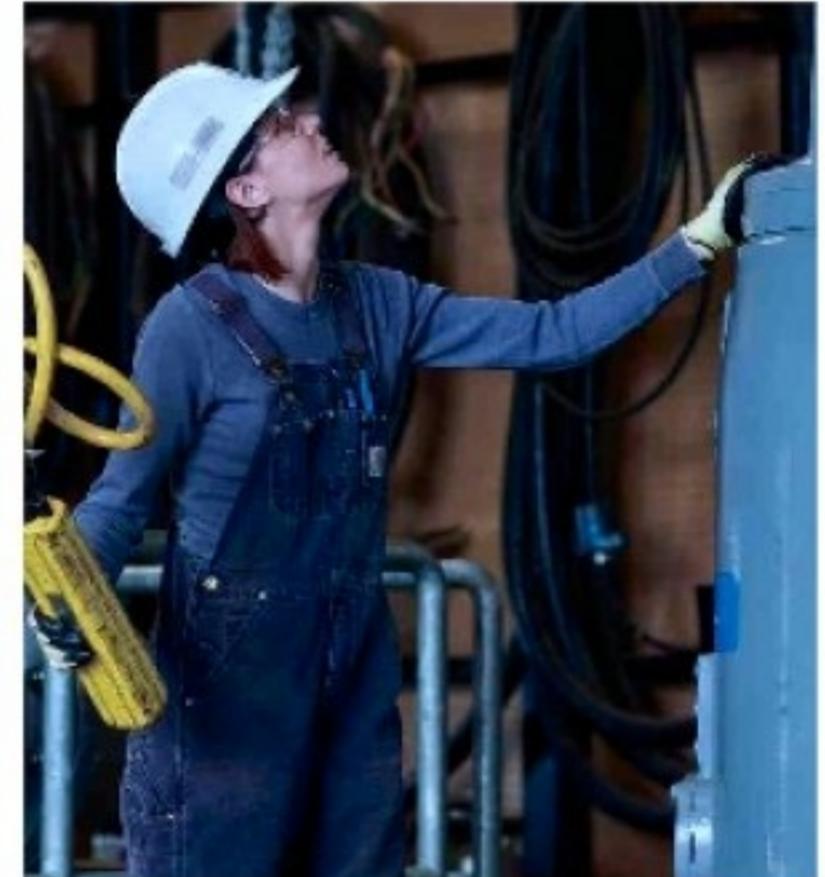
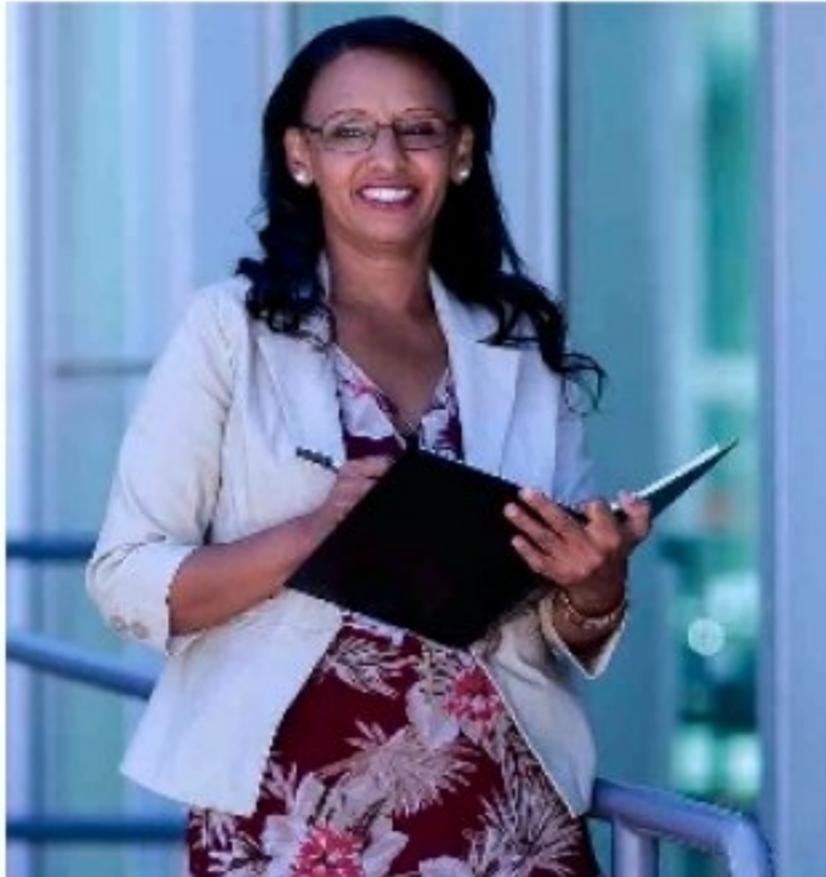
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WHMIS 2015 (OHSC150)

## TRADES

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Basic Automobile Terminology and Parts (ASTA109)  
Level 1 Beekeeping (BEKP110)  
Firearm Accurization (GNSM105)  
Finishing Your Basement - Framing (HOME110)  
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Welding Metal Art (WELD160)  
Welding Metal Art II (WELD161)  
Kitchen Knife Making (WELD166)  
  
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Electrical - Master Certification (ELTR700)  
Hydronic Designer Core I (HDRO370)  
Machine Shop 1 (MACH101)  
Basic Machine Centre Operation (MACH201)  
Basic Machine Centre Programming (MACH204)  
Basic Turning Centre Operation (MACH301)

Basic Turning Centre Programming (MACH304)  
CAD/CAM Drawing with Mastercam (MACH615)  
Motorcycle Mechanic Job Readiness (MRST702)  
Measurement and Bearings (MILW116)  
National Plumbing Code of Canada Refresher (PLMR148)  
Plumber Job Readiness (PLMR702)  
Refrigeration & HVAC Mechanic Job Readiness (RACM702)  
Introduction to Oxy-Acetylene Welding (WELD110)  
Beginners Shielded Metal Arc Welding (SMAW) "STICK" (WELD115)  
Beginners Gas Metal Arc Welding (GMAW) "MIG" (WELD152)  
First Class Journeyman to "B" Pressure (WELD227)  
GTAW Grade "B" Pressure Welder Upgrade (WELD232)

Introduction to Welding 1st Year (WELD710)  
Visual Welding Inspection (WELD950)  
Machine Shop 1 (MACH101)  
Basic Machine Centre Operation (MACH201)  
Basic Machine Centre Programming (MACH204)  
Basic Turning Centre Operation (MACH301)

## SCIENCE, TECHNOLOGY AND THE ENVIRONMENT

Field Project Management (ROAD150)  
Soil Technology (ROAD110)  
Aggregate Technology (ROAD120)  
Asphalt Technology (ROAD130)

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Estimating I - Quantity Surveying (CSTN270)

Construction Project Management (CSTN395)  
Measurement and Bearings (MILW116)

Building Science (CSTN231)  
Contract Law (CSTN392)

Cadastral Studies (SURV581)  
Coordinate Systems and Map Projections (SURV585)  
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Power Engineering Fourth Class Boiler Lab (POWC316)  
Power Engineering Fourth Class Part A (POWC400)  
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# ESSENTIAL TO LIFE LONG LEARNING

22 | Monday, December 26, 2016

World | metro NEWS

## Final goodbye: Roll call for notable deaths of 2016

Many notables died this year: Fidel Castro, King Bhumibol Adulyadej of Thailand, Muhammad Ali, Gordie Howe and more. Here are some of the famous people who left the world stage. THE ASSOCIATED PRESS

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
<p><b>Otis Clay, 73</b> Hall of fame rhythm and blues artist known as much for his charitable work in Chicago as for his singing. Jan. 8.</p> <p><b>David Bowie, 69</b> Other-worldly musician who broke pop and rock boundaries. Jan. 10.</p> <p><b>Alan Rickman, 69</b> Classically trained British stage star and sensual screen villain in the Harry Potter saga and other films. Jan. 14.</p> <p><b>Glenn Frey, 67</b> Rock 'n' roll rebel who co-founded the Eagles and formed one of history's most successful songwriting teams. Jan. 18.</p> <p><b>Abe Vigoda, 94</b> Actor who played detective Phil Fish in the 1970s TV series <i>Barney Miller</i>. Jan. 26.</p>	<p><b>Maurice White, 74</b> Earth, Wind &amp; Fire founder whose horn-driven band sold more than 90 million albums. Feb. 3.</p> <p><b>Antonin Scalia, 79</b> Influential conservative and most provocative member of the U.S. Supreme Court. Feb. 13.</p> <p><b>Boutros Boutros-Ghali, 93</b> Egyptian diplomat who helped negotiate his country's landmark peace deal with Israel but clashed with the United States. Feb. 16.</p> <p><b>Harper Lee, 89</b> Elusive novelist whose child's-eye view of racial injustice in a small Southern town, <i>To Kill a Mockingbird</i>, became an Oscar-winning film. Feb. 19.</p>	<p><b>Nancy Reagan, 94</b> Backstage adviser and fierce protector of Ronald Reagan in his journey. March 6.</p> <p><b>Rob Ford, 46</b> Former mayor of Toronto whose career crashed in a drug-driven, obscenity-laced debacle. March 22.</p> <p><b>Garry Shandling, 66</b> Actor and comedian who masterminded a brand of phoney docudrama with <i>The Larry Sanders Show</i>. March 24.</p> <p><b>Patty Duke, 69</b> As a teen, she won an Oscar for playing Helen Keller in <i>The Miracle Worker</i>. March 29.</p>	<p><b>Merle Haggard, 79</b> Country giant who rose from poverty and prison to international fame through his songs about outlaws and underdogs. April 6.</p> <p><b>Dwayne "Pearl" Washington, 52</b> Basketball player who went from New York City playground wonder to Big East star at Syracuse. April 20.</p> <p><b>Prince, 57</b> One of the most inventive and influential musicians of modern times with hits including <i>When Doves Cry</i>. April 21.</p>	<p><b>Tommy Kono, 85</b> He took up weightlifting in an internment camp for Japanese-Americans and went on to win two Olympic gold medals for the United States. May 1.</p> <p><b>Morley Safer, 84</b> Veteran 60 Minutes correspondent who exposed a military atrocity in Vietnam that played an early role in changing Americans' view of the war. May 19.</p> <p><b>Rosalie Chris Lerman, 90</b> Passionate advocate of Holocaust remembrance. May 19.</p>	<p><b>Muhammad Ali, 74</b> Heavyweight champion whose fast fists, irrepressible personality and determined spirit transcended sports and captivated the world. June 3.</p> <p><b>Gordie Howe, 88</b> The Canadian farm boy and NHL's quintessential star. June 10.</p> <p><b>Anton Yelchin, 27</b> Rising actor best known for playing Chekov in the new <i>Star Trek</i> films. June 19.</p>
<p><b>Elie Wiesel, 87</b> Romanian-born Holocaust survivor whose classic <i>Night</i> launched his career as one of the world's foremost witnesses and humanitarians. July 2.</p> <p><b>Clown Dimitri, 80</b> Beloved Swiss clown and mime who studied under Marcel Marceau. July 19.</p> <p><b>Rev. Tim LaHaye, 90</b> Co-author of the Left Behind series, a literary juggernaut that brought end-times prophecy into mainstream bookstores. July 25.</p>	<p><b>John McLaughlin, 89</b> Conservative political commentator and host of a television show that pioneered hollering-heads discussions of politics. Aug. 16.</p> <p><b>Sonia Rykiel, 86</b> French designer whose relaxed sweaters helped liberate women from stuffy suits. Aug. 25.</p> <p><b>Gene Wilder, 83</b> Frizzy-haired actor who brought his deft comedic touch to such unforgettable roles as the neurotic accountant in <i>The Producers</i>. Aug. 28.</p> <p><b>Vera Caslavská, 74</b> Seven-time Olympic gymnastics gold medalist who stood up against the 1968 Soviet-led invasion of Czechoslovakia. Aug. 30.</p>	<p><b>Phyllis Schlafly, 92</b> Outspoken conservative activist who helped defeat the Equal Rights Amendment in the 1970s. Sept. 5.</p> <p><b>Rose Mofford, 94</b> Arizona's first female governor and a shepherd for the state during a period of political turbulence. Sept. 15.</p> <p><b>Shimon Peres, 93</b> Former Israeli president and prime minister who was celebrated as a Nobel prize-winning visionary. Sept. 28.</p>	<p><b>King Bhumibol Adulyadej, 88</b> World's longest reigning monarch, he was revered in Thailand as a demigod, a humble father figure and an anchor of stability through decades of upheaval. Oct. 13.</p> <p><b>Junko Tabei, 77</b> The first woman to climb Mount Everest. Oct. 20.</p> <p><b>Tom Hayden, 76</b> 1960s antiwar activist whose name became forever linked with the Chicago 7 trial, Vietnam War protests and his ex-wife, actress Jane Fonda. Oct. 23.</p>	<p><b>Janet Reno, 78</b> First woman to serve as U.S. attorney general during the Clinton administration. Nov. 7.</p> <p><b>Leonard Cohen, 82</b> Canadian singer-songwriter who blended spirituality and sexuality in songs like <i>Hallelujah</i>, <i>Suzanne</i> and <i>Bird on a Wire</i>. Nov. 7.</p> <p><b>Florence Henderson, 82</b> Broadway star who became one of America's most beloved television moms in <i>The Brady Bunch</i>. Nov. 24.</p> <p><b>Fidel Castro, 90</b> He led his bearded rebels to victorious revolution in 1959, embraced Soviet-style communism and challenged U.S. power during his half-century of rule in Cuba. Nov. 25.</p>	<p><b>John Glenn, 95</b> His 1962 flight as the first U.S. astronaut to orbit the Earth made him a hero and propelled him to a career in the U.S. Senate. Dec. 8.</p> <p><b>Alan Thicke, 69</b> Versatile performer who gained his greatest renown as the beloved dad on the sitcom <i>Growing Pains</i>. Dec. 13.</p> <p><b>Zsa Zsa Gabor, 99</b> The jet-setting Hungarian actress who made a career out of multiple marriages, conspicuous wealth and jaded wisdom about the glamorous life. Dec. 18.</p>

# Division, suspicion and bitterness

**2016 THE YEAR THAT WAS...**

## Rejection of middle-ground solutions, institutions

Fed up with Europe's union across borders? Reject it. Disgusted with the U.S. political establishment? Can it.

The news in 2016 was filled with battles over culture and territory that exposed divisions far deeper than many realized. But people confronting those divides repeatedly rejected the prospect of middle-ground solutions and the institutions put in place to deliver them.

While the headlines told many different stories, the thread connecting much of the news was a decisive torching of moderation, no matter how uncertain the consequences.

"You're not laughing now, are you?" Nigel Farage, a leader of the so-called Brexit campaign told the European Parliament after voters in Great Britain spurned membership in the continental union. "What the little people did ... was they rejected the multinationals, they rejected the merchant banks, they rejected big politics and they said actually, we want our country back," he said.

Farage was speaking only about the United Kingdom. But his observation that many people well beyond Britain shared that disdain for working within the system was borne out repeatedly in the year's biggest headlines.

In a U.S. presidential cam-



**Jerry Lambert, a supporter of Republican presidential candidate Donald Trump, and Asa Khalif, with the Black Lives Matter movement, scuffle, after Khalif took Lambert's sign, outside the location where Trump was to meet with African American business and civic leaders in Philadelphia.** THE ASSOCIATED PRESS

paign fueled by anger and insults, in Syria's brutal war and Venezuela's massive protests, in fights over gay rights and migration, opposing sides rejected not just compromise but the politics of trying to forge it.

That was clear from the year's first days, when armed activists took over a national wildlife refuge in Oregon's high desert, opposing the federal government's control of public lands.

"It needs to be very clear that these buildings will never,

ever return to the federal government," LaVoy Finicum, an Arizona rancher among the activists, told reporters. Weeks later, federal agents stopped vehicles outside the refuge, arresting eight of the activists and fatally shooting Finicum when he reached into a jacket that held a loaded gun.

Even in the rare cases when compromise prevailed, it was viewed with suspicion.

When a deal took effect in January limiting Iran's nuclear program in exchange for re-

lief on sanctions, it marked the culmination of prolonged negotiation by President Barack Obama's administration. But the pact was repeatedly attacked by critics in both countries, including Donald Trump, saying it gave the other side too much.

"The wisest plan of crazy Trump is tearing up the nuclear deal," a leading Iranian hard-liner, Hossein Shariatmadari, told his country's news agency.

In mid-February, Supreme Court Justice Antonin Scalia

died in his sleep, leaving a vacuum on a court where he had long been the leading conservative voice. Barely an hour after Scalia's death was confirmed, Senate Majority Leader Mitch McConnell staked out an uncompromising position on what lay ahead.

"The American people should have a voice in the selection of their next Supreme Court justice," McConnell said, disregarding the fact that U.S. voters had twice elected Obama. "Therefore, this vacancy should

not be filled until we have a new president."

Tensions over U.S. policing bled into a third year. In July, a sniper killed five Dallas police officers during a protest over shootings of black men by police in Louisiana and Minnesota. A South Carolina jury failed to reach a verdict in the trial of an officer caught on video fatally shooting a black man fleeing a traffic stop.

Division, though, was hardly limited to the U.S. In Venezuela, triple-digit inflation and shortages of food and medicine fueled 6,000 protests throughout the year that brought millions into the streets. But the government of President Nicolas Maduro, blamed by many voters for the chaos, blocked a recall campaign. In Colombia, voters narrowly rejected a deal between the government and a guerrilla group to end a 52-year civil war. Even when lawmakers approved a renegotiated deal, the peace remained fragile.

In Brazil, senators impeached President Dilma Rousseff for manipulating budget figures, though many of the lawmakers were, themselves, tarred by accusations of corruption. South Korean President Park Geun-hye was stripped of power in December amid allegations she let a close friend use the government for financial gain. Meanwhile, Syria's war entered its sixth year. But despite pressure by the U.S. and its allies, Russia and the government of President Bashar Assad unleashed an assault on Aleppo to wipe out rebels, driving up the toll in a conflict that has already claimed as many as 500,000 lives. THE ASSOCIATED PRESS

## SHOPPING

# In retail, tech will rule supreme in 2017

Competition among Canadian retailers continued to heat up this year, with some brands beefing up their physical stores and e-commerce offerings, while new entrants like Saks Fifth Avenue and Uniqlo joined the fray.

Whether it was Saks opening up a Pusateri's food hall in their stores or Hudson's Bay spending more than \$60 million to upgrade its Toronto distribution centre with a new robotics system, retailers worked to carve out their place in the cutthroat retail landscape.

Not all retailers have been able to survive, with some like Danier scaling back locations or others like teen clothing chain Aeropostale and jewelry chain Ben Moss closing their doors in

Canada for good.

As 2016 nears an end, here are the top retail trends to look forward to in the new year:

### Retailers will continue to expand e-commerce offerings

In 2016, Canadians averaged more than \$44 billion in retail sales every month with e-commerce sales accounting for about two per cent, according to Statistics Canada.

Although online sales make up a small proportion of total purchases, retail industry expert Doug Stephens says it's growing at a pace of 15 per cent each year compared with three per cent growth in bricks-and-mortar sales.

Stephens, who runs consult-

ancy Retail Prophet, said more than ever, customers expect the process of buying online to be as seamless as purchasing the item in a store. They also want to be able to have the opportunity to go back and forth between the two options easily and quickly.

"The ability to serve customers online and particularly on a mobile device, to be able to ship quickly and to be able to ship either free or at the lowest possible cost," he said.

"It's going to very, very soon, if not already, be the price to play in retail."

### Digitizing store experience

Imagine trying on clothes in a store and being able to ask for another size, get advice about

the fit or get recommendations about other pieces that might work — all from a screen on your dressing room door.

Retail strategist Kelly Askew says 2017 is going to be a year where more retailers will try to incorporate more useful, digital aspects into the store experience.

Askew, a managing director at Accenture, anticipates that even grocery stores will move towards embedding more digital aspects into the business.

For example, supermarkets may send offers to your smartphone as you're walking by an item on a shelf or help you plan your route through the grocery aisles once you upload your shopping list.

THE CANADIAN PRESS

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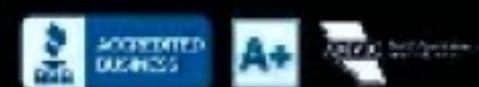
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## 5

**WAYS ALBERTA IS TRYING TO DIVERSIFY ITS ECONOMY**

As Alberta struggles to emerge from one of its worst economic downturns, Premier Rachel Notley has been pushing to make the province less reliant on oil. The government has launched various grants and incentives in an effort to lure investment. Here's a look at how the efforts are playing out. THE CANADIAN PRESS

**1 Petrochemicals**

The province has set up an incentive program to encourage more processing of its energy resources at home. This month, the government awarded \$300 million in royalty credits to Pembina Pipeline Corp. to build a petrochemical processing plant that is expected to create about 2,250 construction jobs and employ another 150 people permanently. Inter Pipeline was handed another \$200 million in credits for a similar facility, which is estimated to generate about 2,000 construction jobs and 95 permanent positions.

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**2 Energy**

Possibly the highest-stakes diversification bet of all, the government is pushing for an entire restructuring of the province's power sector as coal-fired plants are to be closed, renewable energy installed, alternative fuels developed and further diversification explored. The government says the plan will spur major investments in natural gas-fired plants and development of about 5,000 megawatts of renewable energy, which alone is expected to attract more than \$10 billion in spending and create at least 7,200 jobs.

**3 Film and television**

Alberta's film and television industry could be much bigger if it removed a limit on public grants of \$5 million per production, says Bill Evans, executive director of the Alberta Media Production Industries Association. Evans said the current system—with a total budget of \$37 million—works well for attracting smaller productions, but if the province wants to compete for blockbusters it needs to boost the incentive allowance to compete with what others are offering.

**4 High-tech**

Much of Alberta's high-tech industry focuses on energy, so it is no surprise that it has been ensnared in the downturn as well. The government has been looking to foster growth by introducing a \$90-million tax credit pool for investments in the technology sector set to start next year. The annual budget for the Alberta Enterprise, a Crown corporation that funds technology-focused venture capital firms, is also being doubled to \$50 million for the 2016-17 fiscal year.

**5 Agriculture**

The province is looking to increase crop processing through programs like Alberta Innovates and the Agrivalue Processing Business Incubator. Ceapro, which received \$2.4 million, is doubling its staff to 60 and expanding its Edmonton plant, which extracts natural ingredients that go into a range of products from an oat-based wrinkle cream to a lupine-derived hair care treatment. Hempco announced plans to open a 56,000 square-foot facility in the spring that will make edible hemp products and employ up to 12 people.

# metrO VIEWS

THE YEAR THAT WAS AND....

...THE YEAR THAT WILL BE

**VICKY MOCHAMA ON THE QUEST TO BECOME MORE CULTURED**



At the beginning of the year, I thought I would become a more cultured person.

Without intent or desire, I have made friends who have no interest in the Marvel Cinematic Universe or the Instagram accounts of football players. Determined to (a) impress these smart, serious people and (b) actually become smarter, I drew up a month-by-month plan of all the different types of culture I would take in. The plan was in graph form, the Y-axis consisting of months of the year, the X-axis organized by verb: Go, Listen, Watch and Read.

In January, for example, I would go to the art gallery, listen to Kendrick Lamar's To Pimp A Butterfly, watch Rigoletto, and read Marlon James' A Brief History of Seven Killings. I won't keep you in suspense — I failed. I fell asleep halfway through Rigoletto. The whole thing is in Italian!

The bold plans I had for June (go to the House of Blues in Chicago, read Love In the Time of Cholera, etc.) were dead in the water by mid February. In the spring, I realized I wouldn't achieve my ambitious plans. Wanting to be dauntingly erudite had not stopped me from watching Captain America: Civil War three times in one week in theatres. Yet the goal of

**There are people who are genuinely intellectually curious, and there are those who are genuinely interested in bragging about their intellectual curiosity. I am the latter.**



becoming smarter was implanted. So, in May, I asked for a subscription to the New Yorker as a birthday present.

This was a more sensible plan. I'm a writer. I enjoy everything I've ever read in the magazine. And I no longer have the attention span I used to for books. It seemed perfect. And at first, it was. I would get through an issue pretty quickly and then I could do what I had intended all along: tell people about how I'd read something in the New Yorker. There are

people who are genuinely intellectually curious, and there are those who are genuinely interested in bragging about their intellectual curiosity.

I am the latter.

To my mind, this has always seemed like the reason for most cultural to-do lists. Saying "I've been wanting to see that film" is really about telling people that you're smart enough to know about the film. Also, that you use the word "film."

But ambition met its foe: Life, and the full tedious

living of it, distracted me. A new job, new friends, new shows on Netflix — all consumed my attention before I could open up a New Yorker. I took a few of them on a vacation in the hopes of catching up, but I mostly just changed the temperature at which I was not reading the New Yorker.

Goals are an admirable thing to have. Working towards them with or without success is a form of personal growth. Embracing my lack of success doesn't mean I didn't learn anything: I learned that

there are some things that I'll never be good at again like listening to the newest albums. Failure has a clarifying quality.

Time will tell if I have achieved my goal of impressing intelligent people. (My conversation starter at parties is "The movie Mean Girls tells you everything you need to know about politics" so who can truly say?)

But what I've missed in culture, I've learned about myself: I don't know how Rigoletto ends, and I'm OK with that.

## SOUND SMART

We all have to make a lot of small talk over the holidays. And you're going to need to sound like you know what you're talking about. Here are some words and phrases that really caught on in 2016.

### ■ Hatchimals

**DEFINITION** The holiday season's hottest toy is an electronic stuffed bird similar to a Furby, except to play with it you have to wait for it to theatrically hatch out of the plastic egg it comes in.

### ■ Dumpster fire

**DEFINITION** A complete mess, much like the year 2016 was said to be for the planet: A stinky, dangerous, flaming pile of garbage ruining the surrounding climate.

### ■ Whitelash

**DEFINITION** A backlash by white people. Originally referred to civil-rights naysayers in the 1960s, but revived during the 2016 U.S. election.

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# Year's biggest celebrity stories

2016 THE YEAR THAT WAS...

**From swoon-worthy couples to crushing breakups**

**Ryan Porter**  
For Metro Canada

You know it's a big year in celebrity news when Eva Mendes can carry Ryan Gosling's baby for eight months before anyone even notices. These celebrity bombshells were the biggest focus-pullers of the year.

**The cutest Toronto duo since the panda cubs**

Does Buckingham Palace have Netflix? Since Prince Harry arranged an introduction to Suits star Meghan Markle through a friend last July, the couple is so official that the Toronto-based actor wears a chain with an M and an H on it.

**Kim butts in on Kanye and Taylor**

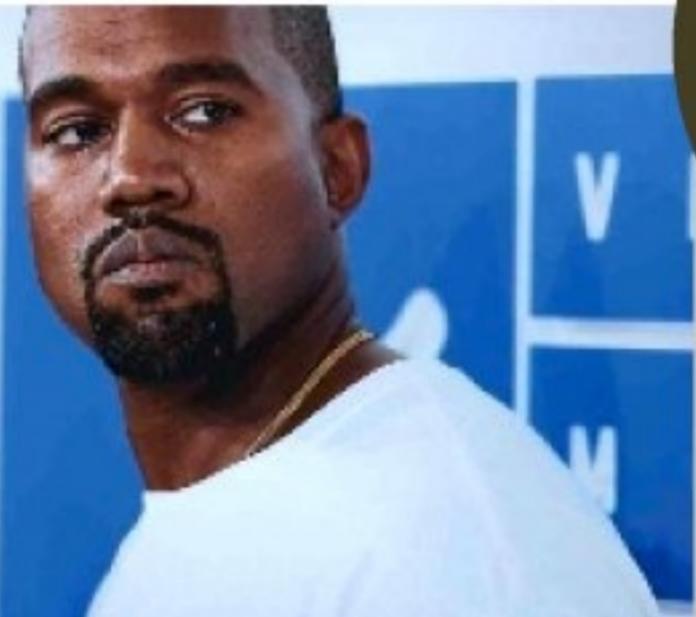
In July, Kim Kardashian dropped Snapchat video of husband Kanye West telling an approving Taylor Swift he wanted to name-check her in his song *Famous*.

Taylor denounced the track after its release, which social media took as proof of Swift's duplicitous nature. But Kanye never mentioned the lyric "I made that b--- famous" to Swift, which she underlined in a statement, declaring, "I would very much like to be excluded from this narrative." OK, starting now.

**If you need Jennifer Aniston, she will just be happily married and glowing**

Where were you when you found out that Angelina Jolie had filed for divorce from Brad Pitt? Adele called the split "the end of an era" (she later clarified that she was joking and "couldn't give a f---ing s---").

And while the saga continues to develop, the relative lack of commotion just shows



how much we have all moved on to more pressing matters, such as whether or not Madonna has butt implants.

**Johnny Depp: from movie monster to actual monster**  
When Amber Heard filed for a restraining order against

Johnny Depp in May, claiming Johnny had been "physically and verbally abusive" throughout their relation-

2016 THE TOP FIVE

Let's not forget these classic pop culture moments from 2016:

**1. The late, great everyone.** If one of your favourite singers didn't pass away far too early this year, you may have terrible taste in music.

**2. The Rob also rises.** Rob Kardashian went super public with his new love and family frenemy Blac Chyna. In November, they welcomed daughter Dream Kardashian.

**CELINE**

**3. Celine shows how a heart does go on.** At her husband René Angélil's funeral, Celine Dion bravely marched through the Montreal cathedral as a widow, 22 years after walking the same aisle as a bride.

**4. Live with Kelly and no one.** Kelly Ripa has had 52 cohosts since Michael Strahan left in May, but there's no question as to who the star is.

**5. Who is Becky?** Beyoncé's visual album *Lemonade* crackled with a political charge, yet the most discussed lyric remains, "better call Becky with the good hair."

RYAN PORTER/FOR METRO

# The year's top shows

## The A Word

Loving parents Alison and Paul tell themselves (and everyone else) that there's nothing wrong with Joe, their five-year-old son. But evidence mounts. And then the unavoidable truth: Joe is on the autism spectrum. This bittersweet six-episode drama (with a second season announced) deals with a child growing up in rural England whose striking differences from other kids ignite the question: What constitutes "normal" and what becomes of those who don't meet that standard? A beautiful story, a terrific cast and a spectacular performance by young Max Vento, who plays Joe, makes *The A Word* a unique exploration of a family as loyal as it is in turmoil.



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In this era of so-called Peak TV, the tally of scripted series aired in 2016 is closing in on 500. No wonder it's hard to pick the best 2 per cent. But that doesn't mean we aren't happy to salute our 10 favourites. Here's the honour roll.

THE ASSOCIATED PRESS



## Atlanta

It takes a sure hand to craft a series about musical strivers from a downtrodden urban neighbourhood that stays touching, relatable and funny. In an age of TV comedy that takes refuge in irony, absurdity, outrageousness or mawkishness, creator-star-writer Donald Glover has pulled off a minor miracle with this gritty little show, strewn with setbacks yet powered by hope.



## Billions

Chuck Rhoades, powerful and perverse U.S. Attorney, is in a cage match with hedge-fund titan Bobby Axelrod. The result is a delicious drama of two alpha males butting heads: Rhoades (Paul Giamatti) wants to prosecute Axelrod for fraud, while the ever-calculating Axelrod (Damian Lewis) dares him to try. Adding to the spice is Rhoades' wife and Axe's trusted adviser (Maggie Siff) who's tough as either man.



## Black Mirror

Six new episodes on Netflix site supplement seven hours of this nervous-making anthology. Brainchild of British writer-producer Charlie Brooker, the series packs the mind-expanding punch of a latter-day *Twilight Zone*, and reflects a Brooker-esque brand of mordant humour. Every hour is different from the others while each, in its own way, is likely to leave you startled and disturbed.



## Full Frontal with Samantha Bee

With her show teeing up for a second season in early 2017, the time is past to celebrate *Full Frontal* as an issues-and-comedy series hosted by Samantha Bee — who, now even more than during her dozen years as a *Daily Show* correspondent, stays true to her name: nimble and armed with a satirical sting for her deserving targets.



## Making a Murderer

Filmed over a decade, the 10-part docu-series tells the true-life story of Steven Avery, first seen in 2003 returning home after 18 years' imprisonment for sexual assault. Avery was a free man just two years, and then arrested for another crime, this time, a grisly rape and murder. So was his teenage nephew. Are they guilty or being railroaded?



## The Night Of

This murder mystery stars John Turturro as near-bottom-feeding lawyer John Stone who stumbles on a righteous case: Naz, a Pakistani-American college student accused as the killer of a young woman. Never mind if Naz did the crime — the legal system is stacked against him at every turn, and through the lengthy, often dismaying process, Stone fights on his behalf.



## O.J.: Made in America

Arriving two decades after O.J. Simpson was acquitted of murder in the death of his ex-wife and her friend, this five-part documentary series covers the so-called Trial of the Century in you-ain't-seen-nothing-yet detail. But it goes further, it's not only illuminating but often jaw-dropping.

## This Is Us

It isn't often a scripted series can be called "humanistic" — at least, not one you can sit through without grinding your teeth. And yet this gentle ensemble drama is pulling it off, and viewers are loving it. Here is that rare series that is neither aspirational nor derisive in the portrayal of its characters, reflecting its viewers at their most good-willed.

## Westworld

This odyssey is simultaneously set in an imagined sci-fi future and the reimagined Old West in the form of an epic theme park where lifelike robots indulge every appetite of paying guests. What measure of depravity does this unleash? And what measure of upheaval is triggered when the robots rebel? The series' visuals are spellbinding and as boundless as its thematic sprawl.

# Try these alternative streaming services

VIEWING

## If you're losing your chill with Netflix, try out these services

Finding what you're looking for on Netflix, CraveTV and Amazon Prime Video isn't always so easy, despite thousands of titles spanning almost every genre.

So having a few extra al-

ternatives certainly doesn't hurt.

Over the past few years, a number of other streaming services have quietly joined the Canadian market.

And while many have oper-

ated with little fanfare, that doesn't necessarily mean they aren't worth a look.

Here are a few lesser-known video streaming services where you might discover a hidden gem:

## TubiTV

**What:** Hosting an extensive selection of older Hollywood hits and low-budget titles — many of them from the libraries of MGM and Paramount — this service is a fond reminder of the days when you perused the aisles of your local Blockbuster Video. Updated regularly, the standouts include Robert DeNiro's action hit *Ronin*, Russell Crowe's *Gladiator* and a whole bunch of old Chuck Norris flicks. Bonus points for a section labelled *Not on Netflix*.

**Price:** Free with a few commercial breaks.

**Where to watch:** Pretty much every streaming gateway is supported, including apps for mobile devices running Apple and Google operating systems, as well as Xbox game systems, Apple TV, Roku and Chromecast.

## Hoopla

**What:** This portal for films, TV shows, music, ebooks and comic books stands apart because it's available only through your public library. Users can access a broad and diverse selection of films, including brand new titles like Woody Allen's *Cafe Society* and Barack and Michelle Obama drama *Southside With You*. For the kids, most of the old live-action Disney favourites like *Flight of the Navigator* and *The Love Bug* are also available.

**Price:** Free with an active library card. Check with your local branch to see if they support the service.

**Where:** Mobile phones using Apple and Google operating systems, Apple TV and Chromecast.



Jesse Eisenberg, left, and Blake Lively appear in a scene from *Cafe Society*, available on the streaming service Hoopla.

THE CANADIAN PRESS/SABRINA LANTOS/LIONSGATE VIA AP

## Crackle

**What:** Launched nearly 10 years ago to give another life to older films owned by Sony Entertainment, the streaming service has come into its own with original series like Jerry Seinfeld's *Comedians in Cars Getting Coffee* and thriller *Chosen*. Those play alongside seasons of *Dawson's Creek* and *Community*, and Hollywood flicks like *Snakes on a Plane* and *Stand By Me*. The downside is Crackle's selection is limited.

**Price:** Free with frequent commercial breaks.

**Where:** Most Sony devices support Crackle, including its PlayStation 3 and 4 consoles and many Blu-ray players. There are also apps for mobile phones using Apple and Google operating systems, some smart TVs, as well as Xbox systems, Roku, Apple TV and Chromecast.

## TMN Go

**What:** Companion to pay-TV channel The Movie Network, this is where many new Hollywood movies, fresh series from HBO Canada and older classics airing on TMN Encore can be accessed online. HBO hits like *Westworld* and *Last Week Tonight with John Oliver* are exclusively posted here almost immediately after they air on television. Many new Canadian movies like Deepa Mehta's *Beeba Boys* and David Cronenberg's *Map to the Stars* also grab space on the service.

**Price:** Only available with a subscription to the The Movie Network TV channel.

**Where:** Mobile phones using Apple, Google and Windows operating systems. Samsung smart TVs and Blu-ray players, Xbox consoles and Chromecast.

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## 8

## MOVIES FROM 2016 YOU CAN'T MISS

This year has been filled with great pictures, from a story of self-discovery and human connection in *Moonlight* to a riveting documentary chronicling the life of infamous O.J. Simpson in *O.J.: Made in America*. This year's list features a wide array of genres, including a romantic musical comedy, several dramas, documentaries and a memoir. THE ASSOCIATED PRESS

1 **Moonlight**

The life of Chiron, the young man who grows up in three distinct chapters in Barry Jenkins' masterpiece, is hard and full of pain. And yet *Moonlight* is so abundant with transcendent moments of grace and lyrical splendour. In the film's blue-tinged darkness shines a tortured soul, one of the most intimately and fully realized ones in recent memory.

2 **Cameraperson**

In Kirsten Johnson's memoir-like montage of film, momentary intimacies from a lifetime of making documentaries accrue a staggering poetry. From war zones abroad to her family at home, her camera is a force of connection that binds us, fleetingly.

3 **La La Land**

It's not like we're so overrun with blissfulness and charm that we couldn't use Damien Chazelle's light-footed celebration of classic musicals, Los Angeles, dreams, keytars and Emma Stone. It's not a revolutionary work. It's a knowing and full-hearted resurrection. It's a conversation with nostalgia, held at golden hour between lampposts and tap shoes.

4 **Sunset Song**

Rare is the combination of formal beauty and deep inner life found in Terence Davies's adaptation of Lewis Grassic Gibbon's 1932 novel. It was one of two films by the underappreciated Davies this year, the other being his less sublime Emily Dickinson biopic with Cynthia Nixon, *A Quiet Passion*. But *Sunset Song*, about a young woman growing up in rural Scotland in the years before World War I, is one of the more exquisite and wrenching portraits of lives shaped and ripped apart by history.

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5 **American Honey**

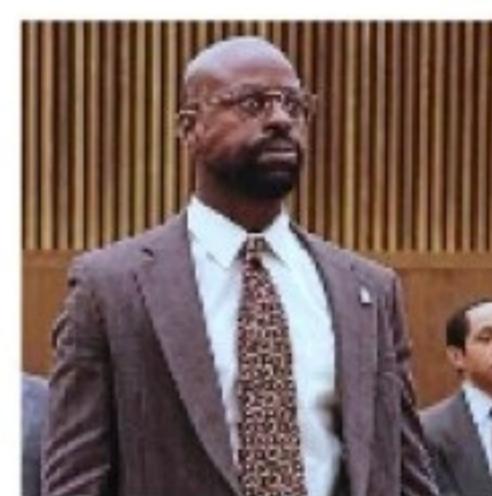
Nothing was more thrillingly alive this year than Andrea Arnold's bass-thumping plunge into the American heartland. Arnold, the British director of *Fish Tank*, has both a keenly critical eye to what she sees around her and a deeply affectionate one for her young characters. Rihanna (played in a scene set in a Walmart) supplies Arnold's anthem: She finds love in a hopeless place.

6 **Machester by the Sea**

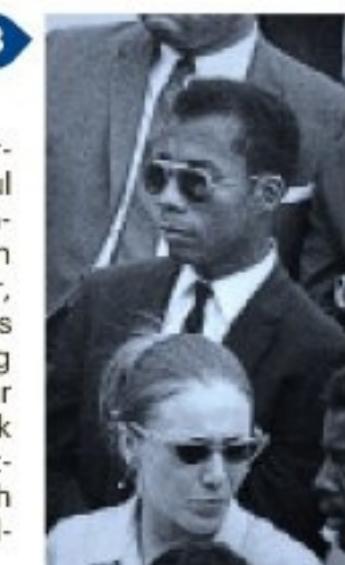
It might be my third favourite of playwright Kenneth Lonergan's three films (the others are *Margaret* and *You Can Count on Me*), but it's still one of the year's best. Scenes this natural just don't come along very often. Seemingly quotidian moments flicker with the past, with pain, with humour, with glimpses of insight. Lonergan's way with words is trumped only by the great reaches of his empathy.

7 **O.J.: Made in America**

It's an L.A. story. Ezra Edelman's 467-minute documentary, released both as one long film and a five-part television series, has an almost Dickensian scope. Edelman uses the case as a prism through which to make a grand portrait of Los Angeles and of America.

8 **I Am Not Your Negro**

Does anyone's voice sound more urgent today than James Baldwin's? Raoul Peck's documentary, narrated by Samuel L. Jackson, is culled largely from an unfinished manuscript of the writer, intellectual and social critic. Baldwin's words wash over you, at once inspiring in their passion and alarming in their frightful insight into America. But Peck doesn't need to mix in more recent footage to connect Baldwin's thoughts with today. Amid the shards of 2016, Baldwin's relevance is apparent enough.



# New twist on a time-honoured tradition

## THE YEAR THAT WILL BE 2017

### Dream big when making your New Year's resolution

**Megan Haynes**  
For Metro Canada

On Dec. 31, as the clock strikes midnight, Canadians will set their resolutions — the time-honoured tradition of improving themselves in the new year.

Of course, breaking New Year's resolutions by February is also a time-honoured tradition.

The first mistake people make, says Halifax-based wellness coach and nutritionist Michelle MacLean, is people don't dream big enough — they limit themselves to what they think they can achieve.

Instead, she recommends people figure out, in a perfect world, where and who they

want to be a year from now — whether that's a healthier person, more successful, in love, etc.

"Don't limit yourself — get deep, get juicy," she says.

Twelve months isn't a lot of time, MacLean admits, so while she encourages clients to dream big, she recommends only picking two or three resolutions and write them down.

"It evokes that visceral experience, and you become emotionally connected (to your resolutions)."

Then keep them visible, such as with reminders on the phone or a vision board in the office — something to keep the goals top-of-mind.

Alex Tran, a Ph.D. candidate at Waterloo who studies the effect of goals and goal achievement on the brain, says small steps are crucially important to keeping resolutions.

When the brain has an ambition (such as going to the gym), but is also in conflict (you're still sore from yesterday), people tend not to act at all.

Instead, make mini-goals (put on sneakers, fill up gym bag, head towards the gym, lift the weights) to get over



Halifax-based wellness coach and nutritionist Michelle MacLean recommends writing down your resolutions and keeping them visible in order to keep the goals top-of-mind.

ISTOCK PHOTO

that conflict.

"When you reduce that goal into something simpler, you're no longer running into the same barriers," he says.

Finally, MacLean says it's important to keep things in perspective. Failing to keep a resolution doesn't make people

failures. Rather, at the end of the year, people should reflect back on what they learned about themselves, e.g.:

- Are you too picky in your dating life?
- Are you happy with the work

you produced even if you didn't achieve that promotion?

Reframing it as a way of learning about yourself can help people better plan (and keep) their goals the following year, she says.

## CREATIVE IDEAS

Losing weight is boring. Finding love is tedious. Instead, why not try these out-of-the-box ideas.

✓ Pick something you used to be able to do physically from your childhood (the perfect cartwheel, the splits), and master it.

✓ Want to learn a language? Skip French or Mandarin; learn sign language instead.

✓ Learn a skill that'll really impress in the kitchen: teach yourself to flambé (without losing an eyebrow).

✓ Embrace your inner crazy-cat lover: create an Instagram account for your pets and commit to a photo a day.

✓ Want to travel? Skip the big cities and plan a roadside road-stop extravaganza. Hit up (and snap photos of) every weird, and crazy small-town tourist trap you come across.

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## 5

## FOOD TRENDS TO LOOK OUT FOR IN 2017

It's not just the fashion world that uses change as a way of keeping us interested. The food world — from popular grocery items to hard-to-book restaurants — is about as trend-addicted as it gets. Doubt us? Think back to the kale chip fever of 2015. Or, a little thing called tacos? Here are the trends we'll be watching in 2017.

CERI MARSH AND LAURA KEOGH



### 1 Colour of the Year: Purple

Pantone can't be the only one that makes the big pronouncements on colour. We're betting you're going to notice a lot more of this rich and phytochemical-indicating shade on future trips

to the grocery store. You'll see purple sweet potatoes, cauliflower, broccoli, carrots, even corn and asparagus. But you'll also notice purple popping up in chips and cereal.

### Feel Good of the Year: Waste Not, Want Not

In North America, every household tosses out an average 215 to 275 kilos of food. Expect to see talk about how meal planning can reduce the groceries that get wasted. You'll also see chefs including dishes that boast carrot tops or beet greens as a way of showing off their ability to use more of the food they're buying.



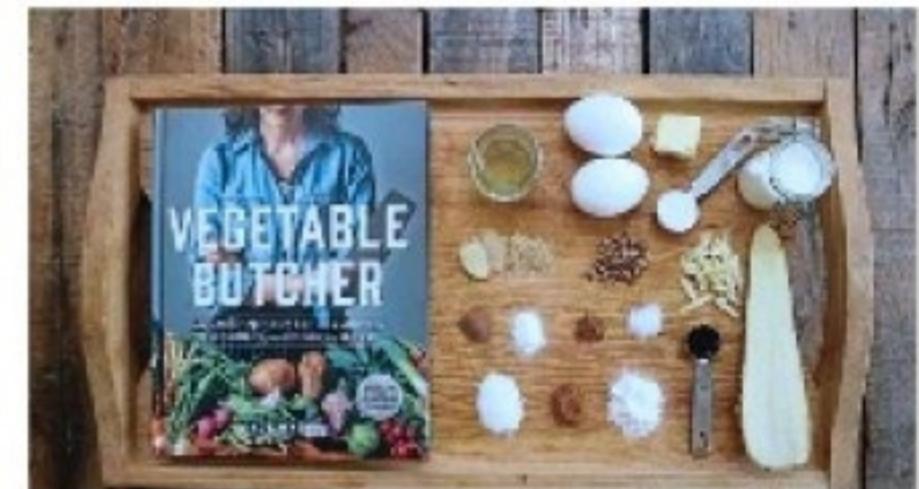
### 5 Ingredient of the Year: Coconut

Kale has hogged the spotlight too long! Many home cooks have swapped canola oil for coconut oil for its high smoke point and health benefits, but expect to see coconut popping up other places, too. Baked coconut chips, coconut tortillas, coconut flour, coconut yogurt and kefir and deliciously, coconut butter.



### 2 Innovation of the Year: Amazon Go

There may only be one cashier-less grocery store open in Seattle but Amazon promises to bring AI wizardry to 2,000 locations. Shoppers swipe their smartphones on a sensor as they enter, get groceries and the "just walk out" technology charges your Amazon account. No word on whether it's coming to Canada. Which gives us time to figure out how to send our driver-less car to go and pick up the groceries.



### 3 Cuisine of the Year: Vegetable Butchery

Upping our veggie intake is a well-known boon to health and couching it in terms that carnivores can appreciate never hurts. Books like Cara Mangini's *The Vegetable Butcher* and Toronto's own Yam Chops, selling beet burgers and Korean barbecued vegan chicken as well as their famous yam chops, are leading the way.



## Sights from coast to coast

**1** **Iconic beacon** — Tourists visit the lighthouse at Peggy's Cove, N.S.  
ANDREW VAUGHAN/THE CANADIAN PRESS

**2** **Cool view** — An iceberg just outside of the Narrows of St. John's Harbour, N.L. PAUL DALY/THE CANADIAN PRESS

**3** **History lessons** — Place Vauquelin, and a statue in the memory of Jean Vauquelin (1728-1772), who was the French captain of a navy ship that defended Louisbourg during the Seven Years' War in Montreal. RYAN REMIORIZ/THE CANADIAN PRESS

**4** **Architectural wonder** — The Manitoba Legislature in Winnipeg. JOHN WOODS/THE CANADIAN PRESS

**5** **Natural beauty** — A Canadian Pacific freight train travels around Morant's Curve near Baker Creek, Alta. FRANK GUNN/THE CANADIAN PRESS



# Go far and wide for Canada's 150th

THE YEAR THAT WILL BE **2017**

### Lonely Planet names us top travel spot in milestone year

Canada already has a lot to offer travellers, but as the country celebrates its 150th birthday in 2017 with a year full of sesquicentennial cele-

brations, there's even more to see and do.

"Because of the celebrations happening around the country, a normal festival event will be that more special because of the 150th anniversary. We see a lot of interest by Canadians to travel within Canada," said Gary Howard of the Canadian Automobile Association.

Howard said he's hearing from people interested in exploring areas of the country they haven't been to, or visiting favourite places again.

"I think you will see a lot of movement with people from

Eastern Canada going to the West, and vice versa," he said.

Howard said he expects most of the travel will be during the summer months, with the peak around Canada Day, July 1.

He said there are many great places to enjoy and take part in the birthday celebrations.

"Charlottetown and Ottawa are the obvious ones, but I think that we will see each and every city and community is going to have its own cele-

bration. You think about the Calgary Stampede — it's going to be much better in 2017 because they'll use that event to get more excited about the 150th. There's going to be lots of options right across the country."

Travel media company Lonely Planet has named Canada as the No. 1 country to visit in 2017.

"Bolstered by the wave of positivity unleashed by its energetic new leader Justin

Trudeau, and with dynamic cities that dominate global livability indices and a reputation for inclusiveness and impeccable politeness, the world's second-largest country will usher in its sesquicentennial in 2017 in rollicking good health," their "Best in Travel 2017" guide says.

"You add that to the perennial favourites such as Vancouver's great food scene, the great outdoors in the Canadian Rockies and beautiful

fall colours in Nova Scotia. It's a great destination whatever year it is, but 2017 has a lot to offer," Lonely Planet spokesman Alex Howard said from his home in Nashville, Tenn.

And he said with the weak Canadian dollar, Canada offers a great value.

"International travellers, especially those from the United States, are going to have a lot to spend their money on," he said.

THE CANADIAN PRESS



Fireworks explode behind the Peace Tower on Parliament Hill during Canada Day celebrations in Ottawa on July 1, 2015. Canada has a lot to offer travellers as it celebrates its 150th birthday in 2017. JUSTIN TANG/THE CANADIAN PRESS

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THE YEAR THAT WAS AND....

...THE YEAR THAT WILL BE



## Best sports moments of 2016

1 **Feb. 7, Santa Clara, Calif.** — Peyton Manning won his second NFL title in his final professional game as the Denver Broncos toppled the Carolina Panthers 24-10 in Super Bowl 50. RONALD MARTINEZ/GETTY IMAGES

2 **Feb. 13, Toronto** — Minnesota high-flyer Zach LaVine won the dunk competition, but the All-Star crowd really warmed to Orlando upstart Aaron Gordon's hops. ELSA/GETTY IMAGES

3 **April 14, Los Angeles** — Kobe Bryant upstaged the Golden State Warriors' record 73rd win of the season with an incredible 60-point performance in his retirement game. JUAN OCAMPO/NBAE VIA GETTY IMAGES

4 **May 7, Leicester, England** — Riyad Mahrez and Leicester hoisted the Premier League trophy in one of the most unexpected championship wins in sports — ever. LAURENCE GRIFFITHS/GETTY IMAGES

5 **May 15, Arlington, Texas** — The Jays got the knockout in October, but Texas' Rougned Odor's shot will stand as the counterpoint to Jose Bautista's batflip. RICHARD W. RODRIGUEZ/STAR-TELEGRAM VIA AP

6 **June 12, San Jose, Calif.** — Sidney Crosby's Pittsburgh Penguins — hockey's hottest team in 2016 — turned around a scuffling

season to win the Stanley Cup. BRUCE BENNETT/GETTY IMAGES

7 **June 19, Oakland, Calif.** — LeBron James' block on Andre Iguodala sealed the Cavaliers' come-from-behind championship win over the Warriors' and created an iconic image of The King's greatness. JOE MURPHY /NBAE VIA GETTY IMAGES

8 **July 10, Saint-Denis, France** — With Cristiano Ronaldo sidelined due to injury, Portugal still managed to stun France on home turf to win its first-ever European Championship. PATRIK STOLLARZ/AFP/GETTY IMAGES

9 **Aug. 17, Rio de Janeiro** — Andre De Grasse couldn't catch Usain Bolt on the track, but the pair's bonding moment during the 200-metre semifinal captivated the country. OLIVIER MORIN/AFP/GETTY IMAGES

10 **Nov. 2, Cleveland, Ohio** — The Chicago Cubs came back to win the World Series in Cleveland, ending a 108-year drought and giving hope to tortured sports fans everywhere. EZRA SHAW/GETTY IMAGES

11 **Nov. 27, Toronto** — Ernest Jackson hung onto his OT touchdown to give the Ottawa Redblacks a 39-33 win over the Calgary Stampeders in an all-time Grey Cup upset. NATHAN DENETTE/THE CANADIAN PRESS



# Reflecting on Penny's shining success

**2016 THE YEAR THAT WAS...**

**The 16-year-old Olympian has won our hearts, is here to stay**

**Joe Callaghan**  
For Metro | Toronto

As it has a habit of doing, social media provides some telling context for just how far Canada's athlete of the year has come.

As the curtain comes down on 2016, Penny Oleksiak is these days as prolific online as she is underwater. The face of the country's Olympics campaign in Brazil this past summer, the swimmer now has almost 90,000 followers on Instagram and 55,000 more on Twitter, where she casually tweets over and back with P.K. Subban one day and then Prime Minister Justin Trudeau the next. No big deal.

Yet rewind just a little bit and we are rapidly reminded why, in fact, the Toronto teenager's journey this past year was in fact a very big deal. Monumental. It was great enough to see her justly awarded the Lou Marsh Trophy as the nation's preeminent sportsperson earlier this month.

Oleksiak's first tweet of 2016 came in March when the then 15-year-old shared an article from Toronto Swim Club. It was headlined: 'Canadian up-and-comer @OleksiakPenny could be the fourth and final piece to the relay puzzle. #RioTrials'.

Up and comer? Oleksiak came up all right. Like no one had come up before.

While her new Twitter buddy might relay that a week is a long time in politics, in an Olympic Games, a week is a lifetime, sometimes a few of them. So it was in the Aquatics Centre in Rio de Janeiro in August that Oleksiak collected a gold,



**With all she's accomplished in such a short time, it can be easy to forget that Canadian athlete of the year Penny Oleksiak is still a teenager in high school.** THE CANADIAN PRESS

silver and bronze haul most competitors would rank as an incredible career's work — yet she racked them up in mere days.

Night after night records fell at her feet. The country's youngest ever gold medallist, she blossomed in and out of the pool.

Metro had caught up with Oleksiak in Toronto in the days prior to her departure for Brazil. Even in a relaxed one-on-one setting, she spoke so softly at times you had to strain to hear her. Yet so soon after, as she wrote one of the most unforgettable Canadian sporting tales for a generation, she never wilted, embracing the brave new world.

Nor has she shown any signs of doing so since — in spite of all the new pressures she brought back from Brazil with her. Oleksiak is a groundbreaking athlete. Yet we cannot remind ourselves often enough that she is also a 16-year-old high schooler with a whole other world of challenges in front of her. Case in point: two weeks ago she was midway through a Grade 11 law class at Toronto's Monarch Park Collegiate

when she found out she had been named the country's top athlete of 2016.

Intense sporting environments are nothing new in the Oleksiak household and it's something that clearly continues to help. Soon after the Lou Marsh announcement, brother Jamie jumped on Twitter to congratulate Oleksiak, before the Dallas Stars defenceman quickly reminded her that getting her driver's licence was the next challenge.

After the year of her young life, there are few challenges that now faze Oleksiak.

"I think I really learned that I'm stronger than I think," she said on a conference call after the Lou Marsh award. "I want to say that just because, going into Rio I definitely had my doubts about myself. I think I proved to myself that I trained pretty hard last year and I was able to exceed expectations."

She can't stop exceeding them, even when the plan is to be more conservative. On home soil at the short-course world championships in Windsor, Ont. in early December Oleksiak added four

more medals to her 2016 haul despite her coach Ben Titley signalling in the build-up that this competition was

to be more of a learning tool as they work towards next July's world championships in Budapest.

**I think I proved to myself that I trained pretty hard last year and I was able to exceed expectations.**  
Penny Oleksiak

These are heady days in the pool for Canada. Oleksiak is the poster girl, but she's far from alone. She is at the vanguard of the nation's most promising swimming generation — six of the country's 22 medals in Rio came in the pool. The scenes in Windsor, meanwhile, provided plenty of proof that this group are already inspiring the next wave, too.

For Oleksiak, the new year will bring new challenges. But after her 16th year became one for the ages, she insists she's ready for more. The up and comer is here to stay.

## YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to [metronews.ca/games](http://metronews.ca/games)



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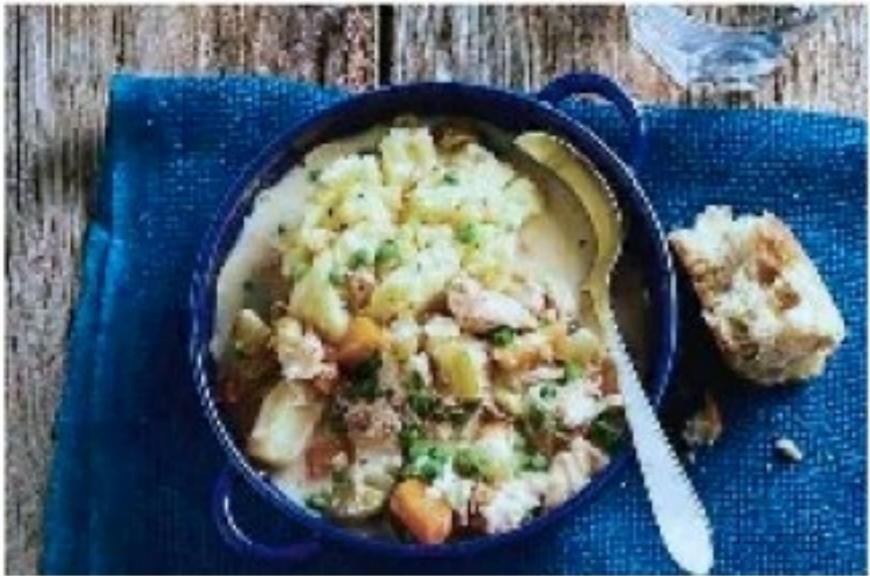
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## Hearty Chicken (or Turkey) and Rice Soup



**Ceri Marsh & Laura Keogh**  
For Metro Canada

If you had turkey yesterday, here's a way to use up the extra. If not, pick up a rotisserie chicken on the way home and this hearty and healthy soup will be on the table in 20 minutes.

### Ready in

Prep time: 5 minutes  
Cook time: 20 minutes  
Serving: 6 people

### Ingredients

- 2 Tbsp olive oil
- 1 onion, diced
- 4 carrots, peeled and diced
- 4 celery, trimmed and diced
- 1 Tbsp fresh thyme
- 6 cups low-sodium chicken stock
- 3 cups leftover turkey or rotisserie chicken, shredded
- 1 1/2 cups frozen corn (4 cobs)

with the corn sliced off)

- 1/2 cup fresh dill, chopped
- 1/4 cup lemon juice
- 2 cups cooked rice
- Salt and pepper

### Directions

1. Place oil in a large pot and bring to medium heat. Add onions, carrots and celery and sauté for three minutes, until the vegetables start to soften. Add the thyme and stir.
2. Pour the stock into the pot. Now add the chicken, corn, dill, lemon juice and cooked rice. Taste and add salt and pepper to taste.
3. Let cook 20 minutes before serving

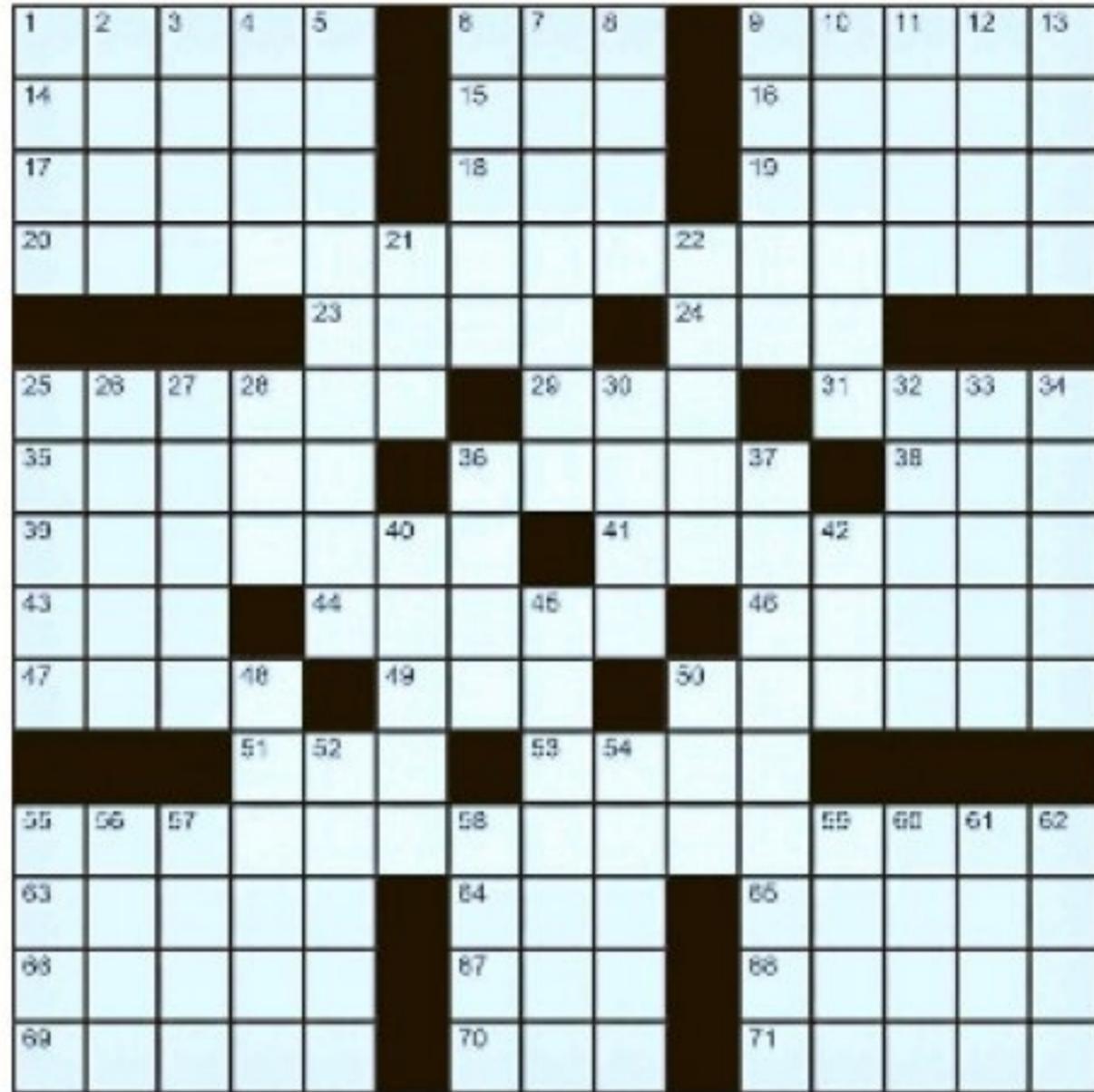
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Fashion designer Mr. Jacobs, and namesakes
6. \_Beauport, Quebec
9. Messy fight
14. "Vega\$" star Robert
15. Ms. Longoria
16. Flood embankment
17. Gladiator's 801
18. \_ painting
19. Torpid
20. Toronto's Eaton and the West Edmonton Mall: 2 wds.
23. Agenda
24. Compete
25. Beach shoe
29. British singer Rita
31. Mr. Mineo's
35. Scottish television personality Mr. Ferguson
36. Catty, as a remark
38. "Phooey!"
39. Paper-folding art
41. Alberta town; or, British luxury car
43. Pre-Dec. month
44. Short messages
46. Fad
47. Meadow mums
49. Highway topping
50. Hot Wheels item: 2 wds.
51. Boo-\_(Sniff!)
53. Hawaiian island
55. Store tactic to draw customers, as on Boxing Day: 3 wds.
63. Enter the data
64. Fish story
65. Cornered:



2 wds.  
66. Theatre's surface  
67. Bird of New Zealand, once  
55. Store tactic to draw customers, as on Boxing Day: 3 wds.  
63. Enter the data  
64. Fish story  
70. "State \_ Main"

(2000)  
71. Enroll  
67. Bird of New Zealand, once  
68. First Aid Kit  
netting  
69. "The Planets" composer Gustav  
70. "State \_ Main"

5. Acadian Peninsula town in New Brunswick  
6. "Bleeding Love" by Lewis  
7. "Sur le Pont d\_"  
8. Math class [abbr.]  
9. Russian pancake  
10. Annuities, in French  
11. Declare with certainty  
12. "The Way We \_" (1973)  
13. Allows  
21. \_-defined  
22. Dodge  
25. Tea party biscuit  
26. Archery weapon  
27. Gullible

### DOWN

1. Mires
2. \_ of Triumph" (1948) starring Ingrid Bergman
3. Puerto \_
4. USSR, to Russians

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

4		2	5	7	1
2	1		6		9
9				4	2
1				6	5
7			1		3
9	5	3			6
3		6			8
2			8	4	7
5	9	4	1		3

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## \*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Amazing surprises will come to you through friends and partners at this time. Some of you will get a surprise marriage proposal.

**Taurus** April 21 - May 21  
Unexpected good fortune that impacts your health, as well as your job situation, surrounds you now. Many of you will land a good job that was not expected to come your way.

**Gemini** May 22 - June 21  
A sudden opportunity for a vacation looks fabulous! Others might have surprising news regarding children, babies and romance. It's a great day to party! Some families will expand.

**Cancer** June 22 - July 23  
Unexpected real-estate opportunities might drop in your lap at this time. If so, you will have to act fast. These chances will not come again, so do what you can to easily take advantage of them.

**Leo** July 24 - Aug. 23  
Today is full of surprises in many respects. New faces, new places and new ideas will stir your life and encourage you to move in a new direction.

**Virgo** Aug. 24 - Sept. 23  
Unexpected chances to boost your income are likely at this time. If this happens, be ready to act quickly, because your window of opportunity is brief.

**Libra** Sept. 24 - Oct. 23  
Lucky Jupiter is in your sign, and today it is dancing with unpredictable Uranus. This means that sudden, unexpected good fortune will come your way. Fingers crossed.

**Scorpio** Oct. 24 - Nov. 22  
Something happening behind the scenes might mushroom suddenly into a wonderful advantage for you. Whatever happens will make you feel pleased and happy.

**Sagittarius** Nov. 23 - Dec. 21  
A friend or a member of a group might suddenly come forward with a wonderful suggestion that helps you in a positive way. It might change your future goals or expand your life.

**Capricorn** Dec. 22 - Jan. 20  
At this time, you definitely have a chance to put your name up in lights. Wonderful opportunities are bubbling all around you. Expect a miracle.

**Aquarius** Jan. 21 - Feb. 19  
Surprise opportunities to travel might materialize at this time. Others might suddenly decide to get further education or training. Great idea.

**Pisces** Feb. 20 - March 20  
Unexpected inheritances, gifts, goodies and favours from others can come your way at this time. Make the most of this and use this advantage wisely.

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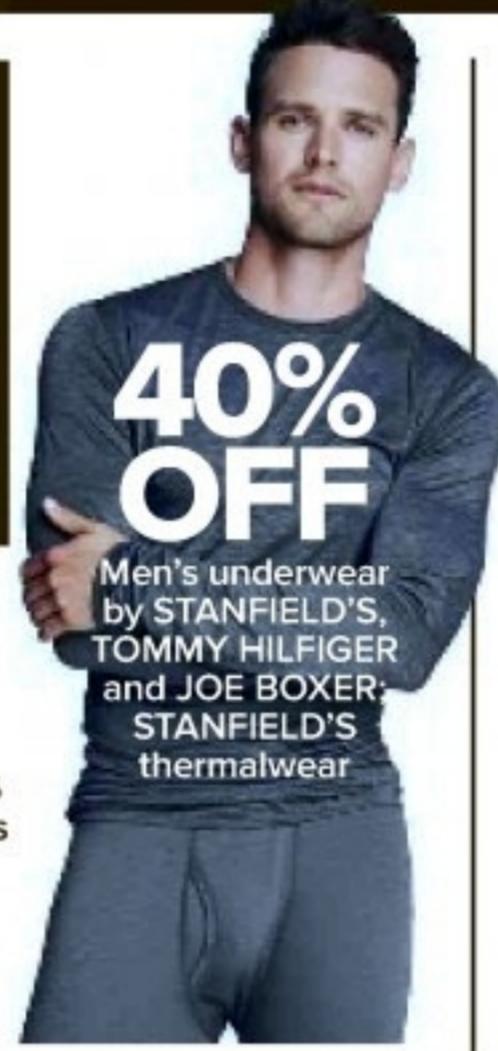


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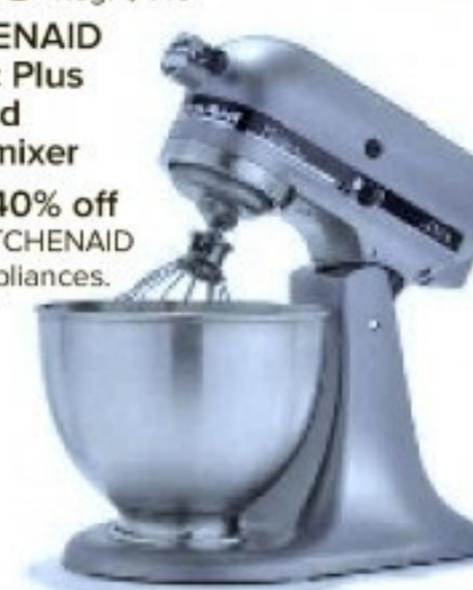
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